Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned	Selection of	Selection of	Selection of	Selection of	Selection of
to provide 20% of	cereals & toast	cereals	cereals	cereals & toast	cereals & toast
a child's daily	with low fat			with low fat	with low fat
nutritional	spreads.			spreads.	spreads.
requirements	Fresh fruit	Develo with low	Toast with Low fat	Fresh berries	Fresh Fruit.
Drinks: Water only	available	Bagels with low fat spread	spreads	riesh bernes	riesh riuit.
Lunch	Salmon in white	Lamb lasagne	Pork sausages	Mushroom	Jacket potato
Planned to provide	sauce topped with	served with a side	served with fresh	carbonara served	served with tuna
30% of a child's	new potatoes	of mixed salad	mash potato and	with fresh	or cheese and
daily nutritional			peas with gravy	vegetables	beans
requirements			j j j		
Drinks: Water only	Vegan fillets	Vegan lasagne			
	served with new	served with	Vegetarian	Vegan carbonara	Jacket potato
	potatoes	mixed salad.	sausages served	served with fresh	served with beans
			with fresh mas	vegetables	& vegan cheese.
			potato, peas with		
Dessert	Fruit salad	Sugar free jelly	gravy Peaches and	Vegan sponge	Yoghurt pots
Dessert		with added fruits.	cream	cake served with	rognure poes
		with added finits.	Peaches and	custard	Vegan yoghurt.
			alternative		Vegan yognare.
Теа	Cheese and	Fish fingers,	Pitta slices with	Fresh crumpets	Chicken and salad
Planned to provide	cucumber	potato wedges	houmous and	with low fat	wraps with light
20% of a child's	sandwiches	and beans	cucumber& carrot	spread served	mayo
daily nutritional			sticks	with peppers.	
requirements	Vegan cheese and				Mixed salad wraps
Drinks: Water only	cucumber				with light mayo.
	sandwiches				
AM Snack	Mixed fruits with	Rich tea biscuits	Mixed fruits with	Rice cakes with	Mixed fruits with
DM Crossle	water or milk	with water/milk	water or milk	water or milk	water or milk
PM Snack	Crackers with	Peppers &	Rice cakes	Pineapple & Melon	Fresh Mango
	sunflower spread	cucumbers			

Summer menu- Week 1