

Weekly Meal Planner 1

Day	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Meal <i>Breakfast</i>	Cereal Fruit wholemeal Toast	Cereal Fruit wholemeal Toast	Cereal Fruit wholemeal Toast	Cereal Fruit wholemeal Toast	Cereal Fruit wholemeal Toast
<i>Snack</i>	muffin with apple	Cheese sticks with cucumber and carrot sticks	Banana with natural yogurt.	hot crossed bun	Croissants and blueberries.
<i>Lunch</i>	Breaded cod with chips and peas. Juice. Fruit	Quorn con carne with rice. Juice. Jelly and icecream	Lamb and vegetable cobbler with new potatoes and broccoli. Juice. Rice pudding	Roast chicken, roast potatoes and carrots. Juice. Fruit platter.	Spaghetti Bolognese with salad. Juice. Fruit platter.
<i>Snack</i>	Rice cakes with Philadelphia cheese and carrot sticks. Milk	Crackers with butter and pear slices. Milk	Oat cakes with orange quarters Milk	Strawberries and rice cakes. Milk	GF Bread sticks, cream cheese and strawberries. Milk
<i>Tea</i>	Cheese on toast with cucumber. rice crispy cakes.	Italian vegetable soup with bread and butter. Fruit platter	Cheese and potato omelet with salad Fairy cakes.	Sandwiches Yogurts.	Fish fingers and baked beans. biscuits.