

Weekly Meal Planner 2

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>	Pear and rice cakes	Cheese stick, cucumber with bread and butter.	Half and crumpet and strawberries.	Crackers, apple and cheese sticks.	wholemeal bread and butter with pear.
<i>Lunch</i>	Chicken and noodle stir fry with vegetables. Juice. Apple sponge and icecream	Cod and salmon fish cakes (1 salmon only) with sweet potato wedges and peas. Juice. Semolina	Moroccan penne pasta with salad. Juice. Strawberry mousse.	Sweet and sour chicken with rice. Juice. Bakewell tart (without almond essence) with custard.	Turkey goujons with new potatoes, gravy and sweetcorn. Juice. Raspberry and coconut sponge
<i>Snack</i>	Crackers, cheese and apple . Milk	Petit filous Milk	Pitta bread, tzatziki and carrot sticks. milk	GF Bread sticks, and tzatziki with carrot sticks. Milk	rice cakes and banana. Milk
<i>Tea</i>	Assorted GF wraps. Jelly	Ham and cheese puff pastry pizza. Fruit platter.	Vegetable soup. Rainbow buns.	sandwiches and salad. Fruit platter	Tomato pasta fresh fruit salad.