

Weekly Meal Planner 3

Day	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Meal <i>Breakfast</i>	Cereal Fruit Toast	Cereal Fruit Toast	Cereal Fruit Toast	Cereal Fruit Toast	Cereal Fruit Toast
<i>Snack</i>	Banana loaf	strawberries and a Farleys finger.	quarter muffin and banana slices	Oatcakes with banana and honey (older room)	Rice cakes with apple slices.
<i>Lunch</i>	Cod in (fresh) parsley sauce with baked new potatoes and broccoli. Juice. Rock buns	Apricot chicken with brown rice and green beans. Juice. Bananas and custard.	Shepherds pie with carrots Juice. Fruit	Salmon and broccoli pasta Juice. Raspberry cheesecake	Chicken curry with rice. Juice. Fruit
<i>Snack</i>	GF Breadsticks with cream cheese Milk	Fruit and short bread biscuits. Milk	Cream cheese and crackers with cucumber. Milk	Popadums with chutney (naan for baby room) and cucumber. Milk	Home made scones and strawberries. Milk.
<i>Tea</i>	Puff pastry pizza Fruit	Potato wedges with fish fingers. Ice cream	sandwiches with salad. yogurts	Cheese and leek rissoles. Fruit	Vegetable soup Rice crispy cakes

N.B all meals are altered as necessary for children with allergies.