

## Weekly Meal Planner 4

<b>Day</b>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Meal</b> <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>	Half pancake and apple	quarter muffin and pear slices	fruit loaf	French toast with philadelphia and cucumber.	red pepper, carrot and cheese sticks
<i>Lunch</i>	Fish pie with peas Juice.  Fruit	Hidden vegetable pasta Juice.  Angel delight surprise with fruit topping.	Spaghetti bolognaise with salad. Juice.  Bananas and custard	Chicken casserole, new potatoes and carrots. Juice.  Chocolate sponge	Morrocان lamb with rice. Juice.  Yoghurts.
<i>Snack</i>	GF Breadsticks, carrot sticks and Tzaziki  Milk	Yogurt and fruit  Milk	Matzo crackers with Edam and apple. Milk	Wholemeal bread and butter with blueberries and strawberries. milk.	Crackers and cream cheese with strawberries. Milk
<i>Tea</i>	Muffin pizzas  Ice- cream	Meatballs and passata.  Jelly	Baked beans on toast carrot cake	Fish Fingers and sweet corn Fruit Platter	Filled baton rolls with cucumber and tomatoes. Fruit

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