

Weekly Meal Plan

April - September

Week 1



	Snack	Lunch	Pudding	Snack
Monday	Watermelon Water or Milk	Homemade Spaghetti Bolognese	Banana Bread	Homemade Biscuits Water or Milk
Tuesday	Banana Water or Milk	BBQ Chicken with Rice	Iced Sponge Cake	Cheese Twist Water or Milk
Wednesday	Peaches Water or Milk	Roast Pork, New Potatoes, Carrots and Broccoli	Ice Cream	Cucumber Sticks Water or Milk
Thursday	Raspberries Water or Milk	Breakfast Quiche with Salad and Homemade Chips	Chocolate Apple Cake	Pretzels Water or Milk
Friday	Grapes Water or Milk	Creamy Garlic Tagliatelle with peas, sweetcorn and Garlic Bread	Jelly	Breadsticks Water or Milk

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Week 1 - Evening Snack



<i>Monday</i>		Pizza Bagel Water or Milk	
<i>Tuesday</i>		Apple Pie Water or Milk	
<i>Wednesday</i>		Cheese and Broccoli Quiche Water or Milk	
<i>Thursday</i>		Fruit and Pancake Water or Milk	
<i>Friday</i>		Fruit and Chocolate Muffin Water or Milk	



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Week 2

<i>Monday</i>	Snack	Lunch	Pudding	Snack
	Strawberries Water or Milk	Cottage Pie with Broccoli and Peas	Banana and Custard	Rice Cake Water or Milk
<i>Tuesday</i>	Snack	Lunch	Pudding	Snack
	Peaches Water or Milk	Homemade Sausage Rolls, Chips and Beans	Jam Tart	Banana Pancake Water or Milk
<i>Wednesday</i>	Snack	Lunch	Pudding	Snack
	Apple Slices Water or Milk	Chicken Curry with Mixed Vegetables and Rice	Homemade Shortbread Biscuits	Breadstick Water or Milk
<i>Thursday</i>	Snack	Lunch	Pudding	Snack
	Pears Water or Milk	Fishermans Pie with Mixed Vegetables & Warm bread rolls	Raspberry Brownie	Cheesetwist Water or Milk
<i>Friday</i>	Snack	Lunch	Pudding	Snack
	Pineapple Water or Milk	Homemade Pizza and Chips	Jam Roly Poly	Choc Chip Cake Bar Water or Milk



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Week 2 - Evening Snack

<i>Monday</i>		Fruity Flapjack Water or Milk	
<i>Tuesday</i>		Cheese Muffin Water or Milk	
<i>Wednesday</i>		Mini Pizza Water or Milk	
<i>Thursday</i>		Garlic Cheese Stuffed Rolls Water or Milk	
<i>Friday</i>		Ham & Cheese Fritata Water or Milk	

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Week 3



	Snack	Lunch	Pudding	Snack
Monday	Grapes Water or Milk	Fish Fingers, New Potatoes and Vegetables	Angel Delight	Homemade Shortbread Water or Milk
Tuesday	Raspberries Water or Milk	Chicken and Broccoli Pasta with Garlic Bread	Jelly	Pitta Fingers & Cheese Dip Water or Milk
Wednesday	Banana Water or Milk	Cheese and Tomato Pin Wheels with Beans and Chips	Ice Cream	Mini Muffins Water or Milk
Thursday	Melon Water or Milk	Chicken Caserole With Jacket Potato	Chocolate Swiss Roll	Oat Bars Water or Milk
Friday	Tangerines Water or Milk	Homemade Chilli Con Carne with Rice	Homemade Banana Cupcake	Flapjack Water or Milk



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Week 3 - Evening Snack

<i>Monday</i>		Cheese Scone Water or Milk	
<i>Tuesday</i>		Yoghurt and Fruit Water or Milk	
<i>Wednesday</i>		Banana Bread Water or Milk	
<i>Thursday</i>		Homemade Biscuit and Fruit Water or Milk	
<i>Friday</i>		Homemade Sausage Rolls Water or Milk	

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Week 4



	Snack	Lunch	Pudding	Snack
Monday	Banana Water or Milk	Homemade Quiche, Salad and Bread	Jam Swiss Roll	Cheese Twists Water or Milk
Tuesday	Peaches Water or Milk	Creamy Chicken and Mushroom Pasta Bake	Crumble	Crackers & Cheese Water or Milk
Wednesday	Strawberries Water or Milk	Turkey Curry, Rice and Naans	Banana Bread	Breadsticks Water or Milk
Thursday	Watermelon Water or Milk	Roast Pork, Broccoli and Carrots	Homemade Chocolate Concrete	Pancakes Water or Milk
Friday	Pineapple Water or Milk	Ham, lettuce and tomato Wraps with Homemade Wedges & Salad	Chocolate Chip Muffins	Homemade Biscuits Water or Milk



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Week 4 - Evening Snacks

<i>Monday</i>	Crumpets Water or Milk		
<i>Tuesday</i>	Superhero Muffin Water or Milk		
<i>Wednesday</i>	Banana Brownie and Choice of Fruit Water or Milk		
<i>Thursday</i>	Quiche and Veg Sticks Water or Milk		
<i>Friday</i>	Pin Wheels Water or Milk		