






WEEK3 Reviewed 16.12.19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST 	Fruit juice Toast bread jam Cereal Porridge Bacon eggs sausage toms	Fruit juice Toast bread jam Cereal porridge Scrambled or poached egg	Fruit juice Toast bread jam Bacon sandwiches/egg bread Cereal porridge	toast bread jam Bacon sausage egg beans Cereal & porridge	Cereal porridge Sausage & egg or sausage sandwiches Toast bread jam	Bacon egg sausage & toms Cereal porridge	Bacon or egg sands Cereal porridge Toast jam bread
MORNING SNACK	Biscuits Cakes Milk shakes Fresh fruit	Biscuits cakes milk shakes fresh fruit	Biscuits cakes fresh fruit milk shakes	Biscuits cakes milkshakes	Biscuits cakes fresh fruit	Biscuits cakes milk shakes	Cakes biscuits Milk shakes
LUNCH 	Shepherd's pie Carrots turnip & cauliflower Ham omelette chips & peas Treacle sponge & custard Milk jelly & pears	Gammon pineapple cauliflower cheese chips Liver & onions, potato green beans carrots turnip Sweet mince tart & custard Raspberry angel delight & summer fruits	Roast chicken & stuffing Potatoes sprouts carrots caulli Ham & cheese Quiche chips & peas/ side salad Rice pudding fruit trifle	Toad in the hole crust potatoes cabbage mixed veg mince pie chips & peas Stewed apple & custard chocolate mousse	Cod haddock fishcakes fish fingers, fish pie pots chips peas or mixed veg Cherry Pie & Custard banana Angel delight	Corned beef pie pots carrots cabbage peas Chicken burger beans & chips Eves pudding & custard Ice cream	Roast Lamb York pud pots broccoli cabbage turnip Rice pud Pineapple upside down & custard
AFTERNOON SNACK	Fresh fruit, fruit smoothie cakes biscuits tea coffee	Fresh fruit cakes biscuits tea coffee juice	Fresh fruit cakes biscuits smoothies	Cakes fruit biscuits	Cakes biscuits	Cakes biscuits	Cakes biscuits
EVENING MEAL 	Spaghetti on toast Chicken soup Sandwiches Cakes Peaches & cream yoghurt	Corned beef hot pot Country Veg soup Fresh fruit salad ice cream Sandwiches cakes	Beans on toast Tomato soup Sandwiches Arctic roll & mandarin oranges	Broth & dumplings Sandwiches Lemon meringue Pie	Lasagne Vegetable soup Sandwiches Fruit flan & cream, Ice	Ham & cheese flan sausage rolls Minestrone soup	

			Cakes	Peaches & Ice cream	cream	Sandwiches Black forest gateau & cream ice cream	
<b>EVENING MEAL</b>  	Spaghetti on toast Chicken soup Sandwiches Cakes Peaches & cream/yoghurt	Corned beef hot pot Country Veg soup Fresh fruit salad ice cream Sandwiches cakes	Beans on toast Tomato soup Sandwiches Arctic roll & mandarin oranges Cakes	Broth & dumplings Sandwiches Lemon meringue Pie Peaches & Ice cream	Lasagne Vegetable soup Sandwiches Fruit flan & cream, Ice cream	Ham & cheese flan sausage rolls Minestrone soup Sandwiches Black forest gateau & cream ice cream	Ham egg pie Sausage rolls Lentil soup Sandwiches  Banana split cakes