




WEEK1 Reviewed 16.12.19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> 	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/ eggy bread Cereal porridge	toast bread jam Bacon sausage egg beans Cereal & porridge	Cereal porridge Sausage/egg sandwiches Toast bread jam	Bacon beans Potato croquets Cereal porridge	Bacon or egg sands Cereal porridge Toast jam bread
<b>MORNING SNACK</b>	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
<b>LUNCH</b> 	Mince and onions Yorkshire pudding Carrots turnip & cauliflower Salmon Fish cake chips & peas Treacle tart & custard jelly & pears cream	Bacon cabbage and potato Steak casserole onions, potato green beans carrots turnip Coconut sponge & custard strawberry angel delight	Chicken casserole Potatoes sprouts carrots caulli Ham & cheese Quiche chips & peas/ side salad Semolina or fruit trifle	Mince Pie potatoes cabbage mixed veg chicken steaks chips & beans Stewed apple & custard chocolate mousse	Cod haddock fishcakes fish fingers, fish pie pots chips peas or mixed veg Cherry pie custard fruit flan & cream	Steak hot pot Potatoes carrots cabbage Burger in bun chips Ginger sponge & custard Frit jelly & cream	Roast BeefYork pud pots broccoli sprouts turnip Bakewell tart & custard semolina
<b>AFTERNOON SNACK</b>	Fresh fruit, fruit smoothie cakes biscuits tea coffee juice	Fresh fruit cakes biscuits tea coffee juice	Fresh fruit cakes biscuits smoothies	Cakes fruit biscuits	Cakes biscuits	Cakes biscuits	Cakes biscuits
<b>EVENING MEAL</b> 	Cheese on toast Chicken soup Sandwiches Cakes Peaches & cream/yoghurt	Corned beef hash pot Country Veg soup Fresh fruit salad ice cream Sandwiches cakes	Spaghetti on toast Tomato soup Sandwiches Ice Cream mandarin oranges Cakes	Broth Sandwiches Lemon meringue Pie Peaches & Ice cream	Ham pasta bake Minestrone Soup Sandwiches Cheese cake yoghurt	Ham salad new pots Lentil soup Sandwiches Straw mousse ice cream	Cheese & onion flan Sausage rolls Potato & leek soup Sandwiches Banana delight cake

