



Food Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	Plain pancake (25g) with yogurt (60g) and banana (40g) Water to drink	Cornflakes (15g) with milk* (100ml) and fresh fruit (40g) Water to drink	Porridge made with milk*(100ml) and fresh fruit (40g) Water to drink	Wheat biscuit (20g) with milk* (100ml) with raisins (15g) Water to drink	Toasted bagel (30g) spread (4g) with scrambled egg (50g) and tomato (40g) Milk* to drink (100ml)
	AM Snack	Breadsticks and pepper sticks (40G) with hummus dip (40g) Water to drink	Toasted crumpet (30g) spread (4g) and strawberries (40g) Milk*(100ml) to drink	Yogurt (60g) and sliced grapes (40g) Water to drink	Plain Pancake (25g) and berries (40g) Milk*(100ml) to drink	Whole meal pitta bread fingers (25g) and tuna dip (40g) Water to drink
	PM Snack	Crispbread crackers (5g) with dairylea (4g) Water to drink	Plain pancake (25g) with yogurt (60g) and pear (40g) Water to drink	2 oatcakes (16g) and apple (40g) Milk*(100ml) to drink	Plain rice cakes (10g) with cheese spread (4g) Water to drink	Celery and cucumber sticks (40g) Milk*(100ml) to drink
	Tea	Salmon and sweetcorn (40g) pasta (80g) or soya mince meatballs and pasta (40g) Banana (40g) and custard (60g) Water to drink	Chicken and veg bowl Wholemeal rice (80g), Chicken breast (45g) Salad (40g) Yogurt (60g) and sliced grapes (40g) Water to drink	Lamb curry or chickpea curry (100g) with brown rice (80g) and salad (40g) Fresh kiwi and mango (40g) Water to drink	Fish fingers (50g) or Quorn fish finger (50g) with boiled potatoes (80g) and peas and sweetcorn (40g) Seasonal fruit salad (40g) Water to drink	Chicken kebabs (45g) peppers (40g), tomatoes (40g) mushroom (40g) on warmed flatbread (40g) Rice pudding (40g) Water to drink

*Semi skimmed milk is available

Sunflower Spread contains at least 40g of total fat per 100g of the product

Cereal contains less than 15g of sugar per 100g of product



Food Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Breakfast	Rice krispies (15g) with milk *(100ml) and fresh fruit Water to drink	Porridge made with milk*(100ml) and raisins (15g) Water to drink	Scrambled egg (50g), 1 slice of toast and mushrooms (40g) Milk to drink	Plain pancake (25g) with yogurt (60g) and banana (40g) Water to drink	1 slice of toast with spread (4g) with yogurt (60g) and fruit (40g) Water to drink
	AM Snack	Plain scone (50g) with banana (40g) Milk to drink* (100ml)	Whole meal pitta bread fingers (25g) and tuna dip (40g) Water to drink	Yogurt (60g) and strawberries (40g) Water to drink	Crispbread crackers (5g) with dairylea (4g) Water to drink	Yogurt (60g) and seasonal fruit (40g) Water to drink
	PM Snack	Plain rice cakes (10g) with cheese spread (4g) Water to drink	2 oatcakes (16g) and apple (40g) Milk*(100ml) to drink	Plain pancake (25g) with yogurt (60g) and pear (40g) Water to drink	Tortilla wrap (30g) with cheddar cheese (15g) and cucumber (40g) Milk to drink* (100ml)	Breadsticks (7g) with hard boiled egg (50g) Milk to drink* (100ml)
	Tea	Pitta bread (25g) pizza with cheese (15g) and tomato (40g) Rice pudding (40g) and fruit Water to drink	Salmon and broccoli (40g) pasta (80g) Apple slices (40g) and fromage frais (60g) Water to drink	Spaghetti (80g) Bolognese (beef or quorn) (40g) with mushrooms (40g) Sugar free fruit and jelly (50g) Water to drink	Cheese omelette (50g) on toasted muffin (40g) with side salad (40g) Ice cream (60g) and nectarines (70g) Water to drink	Baked potato (80g) with cheddar cheese (15g) and salad (40g) Fromage frais (40g) Water to drink

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Food Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Breakfast	Cornflakes (15g) with milk* (100ml) and fresh fruit (40g) Water to drink	Wheat biscuit (20g) with milk* (100ml) with raisins (15g) Water to drink	Toasted bagel (30g) spread (4g) with scrambled egg (50g) and tomato (40g) Milk* to drink (100ml)	Plain pancake (25g) with yogurt (60g) and banana (40g) Water to drink	Scrambled egg (50g), 1 slice of toast and mushrooms (40g) Milk to drink
	AM Snack	Yogurt (60g) and sliced grapes (40g) Water to drink	Carrot and pepper sticks (40G) with hummus dip (40g) Water to drink	Muffin (40g) spread (4g) and grapes (40g) Water to drink	Plain Pancake (25g) and berries (40g) Milk*(100ml) to drink	Plain scone (50g) with banana (40g) Milk to drink* (100ml)
	PM Snack	Breadsticks (7g) with Carrot (40G) with hummus dip (40g) Milk to drink* (100ml)	Toasted crumpet (30g) spread (4g) and strawberries (40g) Milk*(100ml) to drink	Tortilla wrap (30g) with cheddar cheese (15g) and cucumber (40g) Milk to drink* (100ml)	Celery and cucumber sticks (40g) Milk*(100ml) to drink	Yogurt (60g) and mixed berries (40g) Water to drink
	Tea	Flatbread (40g) with assorted toppings, carrots sticks and cucumber (40g) Banana (40g) and custard (60g) Water to drink	Baked potato (80g) with tuna (40g) and salad (40g) Fromage frais (40g) Water to drink	Mixed bean & vegetable stew (120g) with couscous (80g) Semolina (85g) with blackberries (40g) Water to drink	Mixed vegetables and rice (80g) with crustless quiche Yogurt (60g) and fruit (40g) Water to drink	Lamb kofta (40g) with wholemeal pitta (25g) Rice pudding (40g) and fruit Water to drink

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