

Healthy Food Menu for week 1

Details	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix, Apple/Banana, Orange Juice	Cookie Crisp cereal Banana Apple Juice	Porridge Grapes/ Banana	Toast n Butter Pineapple Glass Of Milk	Toast n Dairyley Cheese Glass of Milk
Morning Snack	Biscuit and Milk	Crackers and cheese with juice	Fruit salad and yogurt	Pita bread with hummus	Piece of cake and milk
Lunch	Veg. Spaghetti, mix veg. Juice, Pear	Oven chip beans And cheese, Salad Banana and Custard	Cheese and cucumber sandwich, crisps Yoghurt, apple	Veg rice and plain yogurt Banana	Stuffed Potato paratha (Indian Bread) Yogurt Apple
Afternoon Snack	Biscuit and Hot chocolate	Milk shake with cake	Mix fruit salad Juice	Hot chocolate toast and butter	Apple Crumble and custard
Dinner	Green Beans curry, rice, Green lentil dal, Chapatti and salad and Jelly	Garlic bread, potato waffles, beans and salad Mini rolls	Mix veg curry, chapatti, yogurt and salad Chocolate bar	Mexican Veggie Wrap, salad, nachos Mini kit kat	Pizza, chips and salad Buttons

* Water, Juice and Milk is available through out the day