

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Malt wheat cereal with milk	Cornflakes with milk and banana	Shredded wheat with milk	Wheat bisks with milk and raisins	Crisped rice cereal with milk and grapes
	Half a white bagel with spread, tomato and mushrooms	Wholemeal toast and spread	Toasted fruit bread with spread and kiwi fruit	Half a crumpet and spread	Wholemeal toast and spread
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Peach slices and plain yoghurt	Breadsticks with carrot and pepper sticks	Mixed berries and plain yoghurt	Wholemeal toast and spread	Sugar snap peas and houmous
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Beef and mushroom stroganoff (or bean and mushroom stroganoff) with white rice	Pasta primavera with garlic bread	Gammon (or Quorn™ fillet) with parsley sauce, new potatoes and green beans	Cod, potato and spinach curry (or lentil, potato and spinach curry) with cous cous	Chicken and vegetable pie (or cheese and vegetable pie) with roast potatoes and spring greens
	Banana buns	Yoghurt and dried apricots	Seasonal fruit platter	Creamy apricot dessert	Summer crumble and custard
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Crumpets and spread	Banana and yoghurt	Pitta bread and tuna dip	Pepper sticks and cheese (sliced or cut into sticks)	Rice cakes, cucumber sticks and tomatoes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Savoury omelette with potato salad and cucumber	Lamb and mint koftas (or veggie mince and mint koftas) with tomato sauce and wholemeal pita breads	Salmon and broccoli pasta (or lentil and broccoli pasta) with sweetcorn	Homemade ham flatbread (or cheese flatbread)	Bean and vegetable enchiladas
	Strawberry frozen yoghurt	Apple slices and dates	Semolina and nectarine compote	Grapes and melon	Dairy ice cream and mango slices
Note: Fresh drinking water must be available and accessible at all times.					