**Three Week Menu Plan Week 1**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | | Main Course | Dessert |
| Monday | Breakfast | Toasted fruit loaf, raisins and apples | Ice cream |
| Lunch | Kedgeree and Mixed Vegetables |
| Afternoon Snack | Soft Rolls, cold meat and fruit |
|  | | | |
| Tuesday | Breakfast | Cereal and porridge | Jelly |
| Lunch | Roast chicken wraps and side salad |
| Afternoon Snack | Mini muffins, kiwi and watermelon |
|  | | | |
| Wednesday | Breakfast | Beans on toast | Yoghurt |
| Lunch | Spaghetti, meatballs and sweetcorn |
| Afternoon Snack | Pancakes, pears and oranges |
|  | | | |
| Thursday | Breakfast | Cheese toasties | Lemon mousse |
| Lunch | Pizza and side salad |
| Afternoon Snack | Rice cakes, plums and tomatoes |
|  | | | |
| Friday | Breakfast | Breakfast muffins, banana and oranges | Fruit salad |
| Lunch | Sausage and beans |
| Afternoon Snack | Breadsticks, dip, peppers and pears |

**Three Week Menu Plan Week 2**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | | Main Course | Dessert |
| Monday | Breakfast | Beans on toast | Yoghurt |
| Lunch | Tuna pasta bake |
| Afternoon Snack | Rice cakes, plums and cherry tomatoes |
|  | | | |
| Tuesday | Breakfast | Breakfast muffin, banana and oranges | Lemon mousse |
| Lunch | Baked potato, cheese and beans |
| Afternoon Snack | Mini muffins, raisins and grapes |
|  | | | |
| Wednesday | Breakfast | Toasted fruit loaf, raisins and apples | Milk jelly |
| Lunch | Cowboy pie |
| Afternoon Snack | Breadsticks, dip, kiwi and watermelon |
|  | | | |
| Thursday | Breakfast | Cheese toasties | Fruit salad |
| Lunch | Burgers and side salad |
| Afternoon Snack | Pancakes, pears and tangerines |
|  | | | |
| Friday | Breakfast | Cereal and porridge | Ice cream |
| Lunch | Fruity chicken and rice |
| Afternoon Snack | Brioche roll, melon and cucumber |

**Three Week Menu Plan Week 3**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | | Main Course | Dessert |
| Monday | Breakfast | Cheese toasties | Fresh fruit salad |
| Lunch | Pasta ratatouille and mixed vegetables |
| Afternoon Snack | Rice cakes, plums and cherry tomatoes |
|  | | | |
| Tuesday | Breakfast | Cereal and porridge | Yoghurt |
| Lunch | Chicken korma, rice and sweetcorn |
| Afternoon Snack | Wraps with ham/cheese, cucumber and peppers |
|  | | | |
| Wednesday | Breakfast | Scrambled eggs and toast | Jelly |
| Lunch | Cottage pie and peas |
| Afternoon Snack | Plain bagel and cream cheese, kiwi and watermelon |
|  | | | |
| Thursday | Breakfast | Breakfast muffin, banana and oranges | Ice cream |
| Lunch | Tuna mayo pitta pockets |
| Afternoon Snack | Scottish crumpets, pears and tangerines |
|  | | | |
| Friday | Breakfast | Toasted fruit loaf, raisins and apples | Lemon mousse |
| Lunch | Pizza and side salad |
| Afternoon Snack | Brioche roll, melon and cucumber |