**Three Week Menu Plan Week 1**

|  |  |  |
| --- | --- | --- |
| Date | Main Course | Dessert |
| Monday  | Breakfast | Toasted fruit loaf and apples | Yoghurt |
| Lunch | Poached fish with basil oil and pasta |
| Afternoon Snack | Soft Rolls, cold meat and fruit |
|  |
| Tuesday  | Breakfast | Cereal and porridge | Milk Jelly |
| Lunch | Sweet and sour chicken with rice and mixed veg |
| Afternoon Snack | Mini muffins, kiwi and melon |
|  |
| Wednesday  | Breakfast | Beans on toast | Rice Pudding |
| Lunch | Soup with crusty bread |
| Afternoon Snack | Pancakes, pears and oranges  |
|  |
| Thursday  | Breakfast | Cheese toasties | Flapjacks  |
| Lunch | Moussaka and sweet corn |
| Afternoon Snack | Rice cakes, plums and tomatoes  |
|  |
| Friday  | Breakfast | Breakfast muffins, banana and oranges | Cheese and Crackers |
| Lunch | Sausages with baby potatoes and peas |
| Afternoon Snack | Breadsticks, dip, peppers and pears |

**Three Week Menu Plan Week 2**

|  |  |  |
| --- | --- | --- |
| Date | Main Course | Dessert |
| Monday  | Breakfast | Toast and Jam  | Rice Pudding |
| Lunch | Lentil soup with crusty bread |
| Afternoon Snack | Rice cakes, raisins and plums  |
|  |
| Tuesday  | Breakfast | Breakfast muffin, banana and oranges | Ice Cream |
| Lunch | Spaghetti bolognaise with sweetcorn |
| Afternoon Snack | Mini muffins, raisins and grapes |
|  |
| Wednesday  | Breakfast | Toasted fruit loaf, apples and oranges | Flapjacks |
| Lunch | Savory chicken with rice and mixed veg |
| Afternoon Snack | Breadsticks, dip, kiwi and melon |
|  |
| Thursday  | Breakfast | Cheese toasties | Yoghurt |
| Lunch | Sausage hot pot |
| Afternoon Snack | Pancakes, pears and oranges |
|  |
| Friday  | Breakfast | Cereal and porridge | Cheese and Crackers |
| Lunch | Homemade fish fingers with beans |
| Afternoon Snack | Brioche roll, grapes and cucumber |

**Three Week Menu Plan Week 3**

|  |  |  |
| --- | --- | --- |
| Date | Main Course | Dessert |
| Monday  | Breakfast | Cheese toasties | Cheese and Crackers |
| Lunch | Macaroni cheese with peas |
| Afternoon Snack | Rice cakes, plums and cherry tomatoes |
|  |
| Tuesday  | Breakfast | Cereal and porridge | Flapjacks |
| Lunch | Chicken hot pot with crusty bread |
| Afternoon Snack | Wraps with ham/cheese, cucumber and peppers |
|  |
| Wednesday  | Breakfast | Scrambled eggs and toast | Rice Pudding |
| Lunch | Sausages with beans, bread and butter |
| Afternoon Snack | Plain bagel and cream cheese, kiwi and melon |
|  |
| Thursday  | Breakfast | Breakfast muffin, banana and oranges | Yoghurt |
| Lunch |  Fish pie with sweetcorn |
| Afternoon Snack | Pancakes, pears and tangerines |
|  |
| Friday  | Breakfast | Toasted fruit loaf, raisins and apples | Milk Jelly  |
| Lunch | Chili with rice and mixed veg |
| Afternoon Snack | Brioche roll, melon and cucumber |