**Three Week Menu Plan Week 1**

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| --- | --- | --- | --- |
| 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**

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| --- | --- | --- | --- |
| 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**

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| --- | --- | --- | --- |
| 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 |