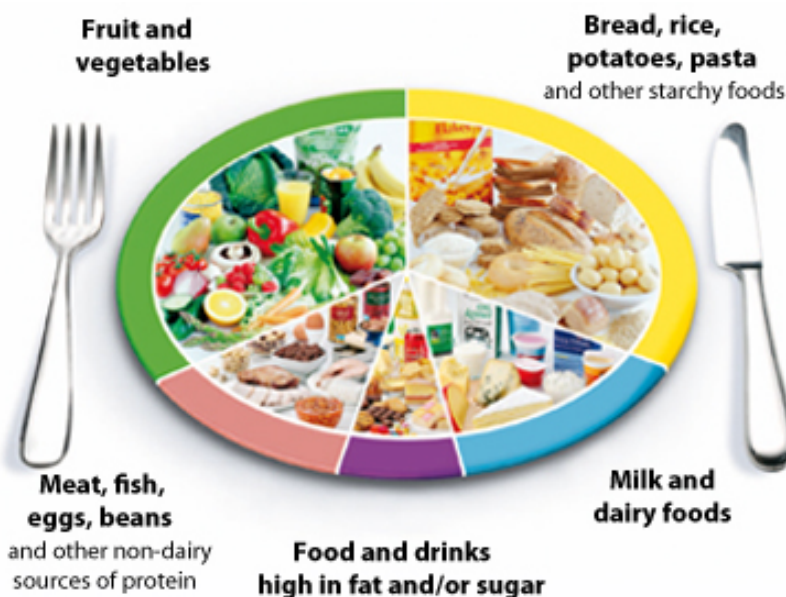


Weekly Meal Plan

Week 2		
Monday	Snack:	Pear and low fat yoghurt ( <b>milk</b> )
	Tea:	Fusilli pasta ( <b>wheat</b> ) with a greek yoghurt ( <b>milk</b> ) and cheese ( <b>milk</b> ) sauce and peas and sweetcorn Fruit jelly
Tuesday	Snack:	Banana and pancakes ( <b>egg, wheat, milk</b> )
	Tea:	Tortilla wraps ( <b>wheat</b> ) with grated cheese ( <b>milk</b> )/ ham and lettuce with carrot sticks and cucumber slices Fruit salad in fruit juice
Wednesday	Snack:	Apple slices and low-fat cheddar cheese chunks ( <b>milk</b> )
	Tea:	Fusilli pasta ( <b>wheat</b> ) with tomato sauce and baby spinach Custard ( <b>milk</b> ) with bananas
Thursday	Snack:	Pitta bread ( <b>wheat</b> ) and carrot sticks
	Tea:	Margarita muffin pizzas ( <b>milk, wheat</b> ) with mixed salad Fromage frais ( <b>milk</b> )
Friday	Snack:	Clementines
	Tea:	Nans Quorn mince lasagne ( <b>wheat, egg</b> ) Rice pudding ( <b>milk</b> ) with jam
Drink: water or milk available at all meals.		

Meal plan created in accordance with the Food Standards Agency and with guidance taken from the Eat Well plate and Children's Food Trust ([www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)).

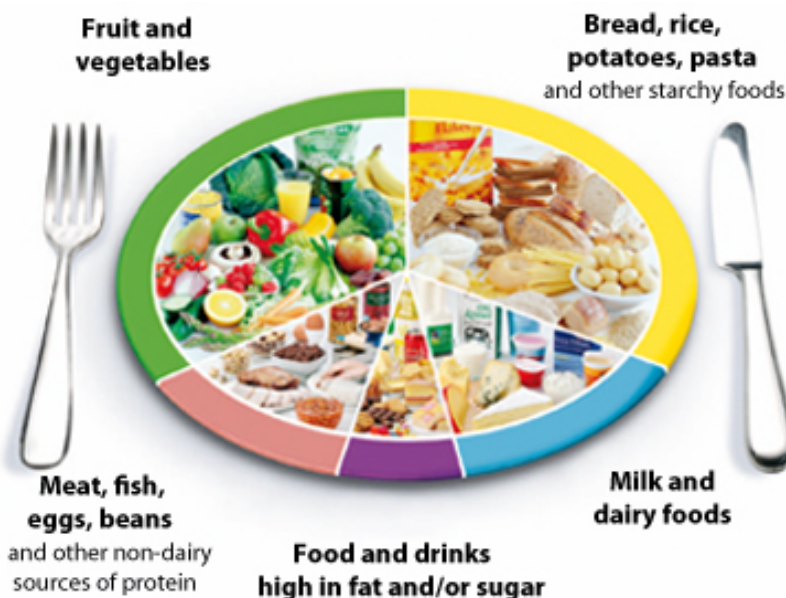


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Week 3		
Monday	Snack:	Pitta bread ( <b>wheat</b> ) and carrot sticks
	Tea:	Chicken noodle soup ( <b>egg, milk, wheat</b> )/ tomato soup ( <b>milk</b> ) & wholemeal rolls ( <b>wheat, soya, barely</b> ) Rice pudding
Tuesday	Snack:	Pear and low fat yoghurt ( <b>milk</b> )
	Tea:	Fish fingers ( <b>fish, wheat</b> ), mash potato ( <b>milk</b> ) and mixed vegetables Fruit cocktail in fruit juice
Wednesday	Snack:	Apple slices and low-fat cheddar cheese chunks
	Tea:	Fusilli pasta ( <b>wheat</b> ) with a greek yoghurt ( <b>milk</b> ) and cheese ( <b>milk</b> ) sauce and peas Fromage frais ( <b>milk, cream</b> )
Thursday	Snack:	Banana
	Tea:	Quorn sausages ( <b>wheat, egg</b> ), mashed potato ( <b>milk</b> ) and baked beans ( <b>cornflour</b> ) Fruit jelly
Friday	Snack:	Rice cakes and raisins
	Tea:	Nans chicken dish (chicken, tomato pasta ( <b>wheat</b> ) & veg) Custard ( <b>milk, coconut oil</b> ) with bananas
Drink: water or milk available at all meals.		

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Week 4		
Monday	Snack:	Bananas
	Tea:	Fusilli pasta ( <b>wheat</b> ) with tomato sauce and baby spinach Fruit jelly
Tuesday	Snack:	Pitta bread ( <b>wheat</b> ) and carrot sticks
	Tea:	Tortilla wraps ( <b>wheat</b> ) with soft cheese ( <b>milk</b> )/ chicken and lettuce with carrot sticks and cucumber slices Fromage frais ( <b>milk, cream</b> )
Wednesday	Snack:	Pear and greek yoghurt ( <b>milk</b> )
	Tea:	Cheesy muffin pizzas ( <b>wheat, milk</b> ) with mixed veg Tinned fruit
Thursday	Snack:	Apple slices and lighter mature cheese ( <b>milk</b> ) chunks
	Tea:	Tomato soup ( <b>milk</b> ) & wholemeal roll ( <b>wheat, soya, barely</b> ) Rice pudding ( <b>milk</b> )
Friday	Snack:	Rice cakes and raisins
	Tea:	Nan's fish pie ( <b>fish, mash potato (milk), mixed veg</b> ) Custard ( <b>milk</b> ) with bananas
Drink: water or <b>milk</b> available at all meals.		

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Week 1		
Monday	Snack:	Clementines
	Tea:	Toasted pitta pockets ( <b>wheat</b> ) with tuna mayo sweetcorn ( <b>fish, egg, milk, mustard</b> )/ cheese ( <b>milk</b> ) and salad Custard ( <b>milk</b> ) with bananas
Tuesday	Snack:	Pitta bread ( <b>wheat</b> ) and carrot sticks
	Tea:	Fusilli pasta ( <b>wheat</b> ) with tomato sauce and garden peas Fruit jelly
Wednesday	Snack:	Pear and natural yoghurt ( <b>milk</b> )
	Tea:	Chicken noodle soup ( <b>egg, milk, wheat</b> )/ tomato soup ( <b>milk</b> ) & wholemeal rolls ( <b>wheat, soya, barely</b> ) Rice pudding ( <b>milk</b> ) with jam
Thursday	Snack:	Rice cakes and raisins
	Tea:	Fish fingers ( <b>fish, wheat</b> ), mash potato ( <b>milk</b> ) and mixed vegetables Tinned fruit
Friday	Snack:	Apple slices and lighter mature cheese ( <b>milk</b> ) chunks
	Tea:	Nans Quorn sausage pasta bake ( <b>wheat, egg</b> ) Fromage frais ( <b>milk</b> )
Drink: water or milk available at all meals.		

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