

◆ **Most Healthy**

◆ **Less Healthy**

◆ **Least Healthy**

BREAKFAST
(8.10am)

Cereals

◆◆ Rice Krispies, Weetabix,
Corn Flakes, Coco Pops

Cooked Breakfast

◆ Sausage or Bacon,
◆ Egg, Beans
◆ Waffles or Hash Browns, Toast, Bread
◆ Spreads

	LUNCH (12:00pm) with Tea or Squash	DINNER (5:20pm) with Water
MONDAY	◆ Jacket Potato with cheese or tuna ◆ Filled Rolls ◆ Fish Fingers ◆ Mixed Salad ◆ Beans ◆ Bread and ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Homemade Fairy Cakes	◆ Chicken Nuggets ◆ Battered Fresh Fish ◆ Cheese and Onion Pasty ◆ Peas ◆ Spaghetti ◆ Chips ◆ Yoghurt ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Chocolate Doughnuts
TUESDAY	◆ Macaroni Cheese ◆ Filled Rolls ◆ Sausage Rolls ◆ Mixed Salad ◆ Spaghetti Rings ◆ Bread and ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Homemade Muffins	◆ Homemade Pizza ◆ Fish Cakes ◆ Homemade Chicken Pie ◆ Cottage Pie ◆ Sweetcorn and Spaghetti ◆ Potato Wedges ◆ Yoghurt and ◆ Fresh Fruit ◆ Angel Delight ◆ Cheese and Biscuits
WEDNESDAY	◆ Jacket Potato with cheese or tuna ◆ Filled Rolls ◆ Fish Fingers ◆ Mixed Salad ◆ Beans ◆ Bread and ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Iced Sponge Cake	◆ Sausages ◆ Cheese Pasty ◆ Pasta with Bolognese Sauce ◆ Carrots ◆ Spaghetti ◆ Saute Potatoes ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Chocolate Sponge
THURSDAY	◆ Macaroni Cheese ◆ Filled Rolls ◆ Sausage Rolls ◆ Mixed Salad ◆ Spaghetti Rings ◆ Bread and ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Homemade Cookies	◆ Homemade Pizza ◆ Fish Cakes ◆ Chicken Curry ◆ Sweetcorn ◆ Spaghetti ◆ Rice ◆ Chips ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Chocolate Rice Krispies
FRIDAY	◆ Jacket Potato with cheese or tuna ◆ Filled Rolls ◆ Fish Fingers ◆ Mixed Salad ◆ Beans ◆ Bread ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Chocolate Biscuits	SUPPER (7.45-8.00pm) ◆ Milk, Chocolate or Strawberry Milkshake ◆ Orange or Lemon Squash ◆ Homemade or Packet Biscuits