

Most Healthy

Less Healthy

Least Healthy

BREAKFAST (8.20am)	Cereals	Cooked Breakfast
	<ul style="list-style-type: none"> ◆◆ Rice Krispies, Weetabix, Corn Flakes, Shreddies, Coco Pops 	<ul style="list-style-type: none"> ◆ Sausage or Bacon, ◆ Egg, Beans ◆ Waffles or Hash Browns, Toast, Bread ◆ Spreads

	LUNCH (12:20pm) with Tea or Squash	DINNER (5:20pm) with Water
MONDAY	<ul style="list-style-type: none"> ◆ Jacket Potato with cheese or tuna ◆ Filled Rolls ◆ Fish Fingers ◆ Mixed Salad ◆ Spaghetti Rings ◆ Bread and ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Homemade Fairy Cakes 	<ul style="list-style-type: none"> ◆ Chicken Nuggets ◆ Battered Fresh Fish ◆ Cheese and Onion Pasty ◆ Vegetables of the Day ◆ Mixed Salad ◆ Chips ◆ Yoghurt ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Chocolate Doughnuts
TUESDAY	<ul style="list-style-type: none"> ◆ Macaroni Cheese ◆ Filled Rolls ◆ Sausage Rolls ◆ Mixed Salad ◆ Spaghetti Rings ◆ Bread and ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Homemade Muffins 	<ul style="list-style-type: none"> ◆ Homemade Pizza ◆ Fish Cakes ◆ Homemade Chicken Pie ◆ Vegetables of the Day ◆ Mixed Salad ◆ Potato Smiley Faces ◆ Yoghurt and ◆ Fresh Fruit ◆ Angel Delight ◆ Cheese and Biscuits
WEDNESDAY	<ul style="list-style-type: none"> ◆ Jacket Potato with cheese or tuna ◆ Filled Rolls ◆ Fish Fingers ◆ Mixed Salad ◆ Spaghetti Rings ◆ Bread and ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Iced Sponge Cake 	<ul style="list-style-type: none"> ◆ Sausages ◆ Cheese Pasty ◆ Pasta with Bolognese Sauce ◆ Vegetables of the Day ◆ Mixed Salad ◆ Saute Potatoes ◆ Yoghurt and ◆ Fresh Fruit ◆ Angel Delight ◆ Cheese and Biscuits ◆ Chocolate Sponge
THURSDAY	<ul style="list-style-type: none"> ◆ Macaroni Cheese ◆ Filled Rolls ◆ Sausage Rolls ◆ Mixed Salad ◆ Spaghetti Rings ◆ Bread and ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Homemade Cookies 	<ul style="list-style-type: none"> ◆ Homemade Pizza ◆ Fish Cakes ◆ Chicken Curry ◆ Vegetables of the Day ◆ Mixed Salad ◆ Rice ◆ Chips ◆ Yoghurt and ◆ Fresh Fruit ◆ Cheese and Biscuits ◆ Chocolate Rice Krispies
FRIDAY	<ul style="list-style-type: none"> ◆ Jacket Potato with cheese or tuna ◆ Filled Rolls ◆ Fish Fingers ◆ Mixed Salad ◆ Spaghetti Rings ◆ Bread ◆ Spreads ◆ Yoghurt and ◆ Fresh Fruit ◆ Chocolate Biscuits 	<p style="text-align: center;">SUPPER (7.45-8.00pm)</p> <ul style="list-style-type: none"> ◆ Milk, Chocolate or Strawberry Milkshake ◆ Orange or Lemon Squash ◆ Homemade or Packet Biscuits