

Menu Planner
Junior & ECCE Preschool Rooms
Room: 1,2,3 & 4
Week Beginning:
Week:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Malted Wheeties/ Cheerios/ Multigrain hoops/Wheat Bisks Milk/Water	Malted Wheeties/ Cheerios/ Multigrain hoops/Wheat Bisks Milk/Water	Malted Wheeties/ Cheerios/ Multigrain hoops/Wheat Bisks Milk/Water	Malted Wheeties/ Cheerios/ Multigrain hoops/Wheat Bisks Milk/Water	Malted Wheeties/ Cheerios/ Multigrain hoops/Wheat Bisks Milk/Water
Allergens	Contains Milk, Gluten- Wheat, Oats, Barley	Contains Milk, Gluten-Wheat, Oats, Barley	Contains Milk, Gluten- Wheat, Oats, Barley	Contains Milk, Gluten- Wheat, Oats, Barley	Contains Milk, Gluten-Wheat, Oats, Barley
Lunch	Wholemeal toast/bread or Cream crackers with butter/ Jam / Cheese /ham Yoghurts Fruit - Melon & apple Milk/Water	Wholemeal toast/bread or Cream crackers with butter/ Jam / Cheese /ham Yoghurts Fruit – Apple & grapes Milk/Water	Wholemeal toast/bread or Cream crackers with butter/ Jam / Cheese /ham Yoghurts Fruit – Pears & oranges Milk/Water	Wholemeal toast/bread or Cream crackers with butter/ Jam / Cheese /ham Yoghurts, Carrot sticks Fruit – Grapes & pears Milk/Water	Wholemeal toast/bread or Cream crackers with butter/ Jam / Cheese /ham Yoghurts, Carrot sticks Fruit - apples & orange Milk/Water
Snack	Contains – Gluten-Wheat, Milk , Soybeans	Contains – Gluten-Wheat, Milk , Soybeans	Contains – Gluten-Wheat, Milk , Soybeans	Contains – Gluten-Wheat, Milk , Soybeans	Contains – Gluten-Wheat, Milk , Soybeans
Dinner	1.Chicken Pasta Bake with sweetcorn and peas. 2. Chow Mein Noodles with sweetcorn and peas. Milk/Water	1.Chicken casserole & brown rice with broccoli & sweetcorn 2.Macaroni and cheese with broccoli & sweetcorn Milk/Water	1.Roast Beef , potatoes with carrots and peas 2. Veg Soup with brown roll/bread Milk/Water	1.Chilli con carne & brown rice with carrot & broccoli 2.Macaroni & cheese with carrot & broccoli Milk/Water	1, Chicken nuggets, wedges and beans & carrots 2. Spaghetti with tomato sauce with beans & carrots Milk/water
Allergens	1.Contains – Gluten – Wheat , Milk 2. Contains – Gluten-Wheat, Soybeans ,Milk	1. Contains – Gluten-Wheat, Milk 2. Contains – Gluten-Wheat, Milk,	1.Contains – Gluten-Wheat , Milk , Celery 2. Contains – Gluten-Wheat, Gluten -Barley ,Milk, Celery , Soybeans	1.Contains – Gluten-Wheat , Milk , 2. Contains – Gluten-Wheat, Gluten -Barley ,Milk, Celery	1. Contains – Gluten-Wheat, Milk, 2. Contains – Gluten-Wheat, Milk,
Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Allergens					

Signed: _____