

Menu Planner
Week Beginning: _____

Week: 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks 2.Brown Bread / Toast / Bagels with butter/jam 3.Egg, beans 4.Cheese / Yogurt 5. Breadstix Milk/Water	1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks 2.Brown Bread / Toast / Bagels with butter/jam 3.Egg, beans 4.Cheese / Yogurt 5. Breadstix Milk/Water	1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks 2.Brown Bread / Toast / Bagels with butter/jam 3.Egg, beans 4.Cheese / Yogurt 5. Breadstix Milk/Water	1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks 2.Brown Bread / Toast / Bagels with butter/jam 3.Egg, beans 4.Cheese / Yogurt 5. Breadstix Milk/Water	1.Malted Wheaties / Cheerios /MultiGrain hoop/Wheat Bisks 2.Brown Bread / Toast / Bagels with butter/jam 3.Egg, beans 4.Cheese / Yogurt 5. Breadstix Milk/Water
Allergens	1.Contains Gluten-Wheat, Oats, Barley 2.Contains Gluten-Wheat, Oats, Barley , Rye 3.Contains Egg 4.Contains Milk 5.Contains Gluten – Wheat , Soybeans ,Sesame	1.Contains Gluten-Wheat, Oats, Barley 2.Contains Gluten-Wheat, Oats, Barley , Rye 3.Contains Egg 4.Contains Milk 5.Contains Gluten – Wheat , Soybeans ,Sesame	1.Contains Gluten-Wheat, Oats, Barley 2.Contains Gluten-Wheat, Oats, Barley , Rye 3.Contains Egg 4.Contains Milk 5.Contains Gluten – Wheat , Soybeans ,Sesame	1.Contains Gluten-Wheat, Oats, Barley 2.Contains Gluten-Wheat, Oats, Barley , Rye 3.Contains Egg 4.Contains Milk 5.Contains Gluten – Wheat , Soybeans ,Sesame	1.Contains Gluten-Wheat, Oats, Barley 2.Contains Gluten-Wheat, Oats, Barley , Rye 3.Contains Egg 4.Contains Milk 5.Contains Gluten – Wheat , Soybeans ,Sesame
Dinner	1.Chicken pasta bake with peas & sweetcorn 2. Chow mein noodles with peas & sweetcorn Milk/Water	1.Chicken casserole & brown rice with broccoli & sweetcorn 2.Pasta bake with broccoli & sweetcorn Milk/Water	1.Roast beef , potatoes with carrots & peas 2. Vegetable soup with brown bread/brown roll Milk/Water	1.Chilli con carne & brown rice with carrot & broccoli 2.Macaroni & Cheese with carrot and broccoli Milk/Water	1, Chicken goujons, wedges with beans & carrots 2.Spaghetti pasta with tomato sauce with carrots & beans Milk/water
Allergens	1.Contains – Gluten – Wheat , Milk 2. Contains – Gluten-Wheat, soybeans	1. Contains – Gluten-Wheat, Milk 2. Contains – Gluten-Wheat, Milk, Egg	1.Contains – Gluten-Wheat , Milk , 2. Contains – Gluten-Wheat, Gluten – Barley ,Milk, Celery	1.Contains – Gluten-Wheat , Milk , 2. Contains – Gluten-Wheat, ,Milk	1. Contains – Gluten-Wheat, Milk, 2. Contains – Gluten-Wheat, Milk
Dessert	Fruit Salad	Stewed fruit with custard	Granola & yogurt	Fruit Salad	Banana bread with custard
Allergens	Contains – N/A	Contains – Milk, egg	Contains - Milk	Contains – N/A	Contains - Gluten-Wheat, Milk, Egg

Signed: _____