

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

Week: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain hoops / Cheerios/Wheat Bisks/Malted Wheeties Milk/Water	Multigrain hoops / Cheerios/Wheat Bisks/Malted Wheeties Milk/Water	Multigrain hoops / Cheerios/Wheat Bisks/Malted Wheeties Milk/Water	Multigrain hoops / Cheerios/Wheat Bisks/Malted Wheeties Milk/Water	Multigrain hoops / Cheerios/Wheat Bisks/Malted Wheeties 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	Cream Crackers/Wholemeal toast/bread with butter/ Jam/cheese /ham Yogurt Fruit – Melon & apples Milk/Water	Cream Crackers/Wholemeal toast/bread with butter/ Jam/cheese /ham Yogurt Fruit – Melon & apples Milk/Water	Cream Crackers/Wholemeal toast/bread with butter/ Jam/cheese /ham Yogurt, Carrot sticks Fruit – Melon & apples Milk/Water	Cream Crackers/Wholemeal toast/bread with butter/ Jam/cheese /ham Yogurt, Carrot sticks Fruit – Melon & apples Milk/Water	Cream Crackers/Wholemeal toast/bread with butter/ Jam/cheese /ham Yogurt, Carrot sticks Fruit – Melon & apples 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 & Peas 2.Fritatta with sweetcorn & Peas Milk/Water	1.Lasagne with broccoli & sweetcorn 2. Chow Mein Noodles with broccoli & sweetcorn Milk/Water	1.Roast Pork, potatoes & carrots & peas 2. Homemade Veg Soup with Brown bread/Roll Milk/Water	1.Beef curry with brown rice with carrot & broccoli 2.Mac & Cheese with carrot & broccoli Milk/Water	1.Homemade Pizza, beans and wedges (or mashed potato) and carrots 2. Fusilli Pasta with tomato sauce with carrots Milk/water
Allergens	1.Contains – Gluten-Wheat , Milk 2. Contains – Gluten-Wheat, Milk, Egg	1. Contains – Gluten-Wheat, Milk 2. Contains – Gluten-Wheat, Milk, Soybeans	1.Contains – Gluten-Wheat , Milk 2. Contains – Gluten-Wheat, Gluten - Barley Milk, Celery, Soybeans	1.Contains – Gluten-Wheat , Milk , 2. Contains – Gluten-Wheat, Milk,	1. Contains – Gluten-Wheat, Milk, 2. Contains – Gluten-Wheat, Milk,
Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Allergens					

Signed: _____