

Menu Planner
Week Beginning: _____

Week: 1

	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 served with sweetcorn and peas. 2. Homemade Frittata served with sweetcorn and peas. Milk/Water	1.Lasagne served with broccoli & sweetcorn 2.Chow mein noodles with broccoli & sweetcorn Milk/Water	1.Roast Pork , mashed potatoes with carrots & peas 2. Veg Soup with brown roll/bread Milk/Water	1.Beef curry& brown rice, with carrot & broccoli 2.Macaroni & cheese with carrot & broccoli Milk/Water	1, Homemade pizza with wedges & beans 2. Fusilli with tomato sauce with carrots Milk/water
Allergens	1.Contains – Gluten – Wheat , Milk 2. Contains – Gluten-Wheat, egg ,Milk	1. Contains – Gluten-Wheat, Milk 2. Contains – Gluten-Wheat, Milk, Soybeans	1.Contains – Gluten-Wheat , Milk , Celery 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	Granola & Yogurt	Fruit Salad	Stewed fruit (apple & berries) with custard	Berry Muffins
Allergens	Contains – N/A	Contains - Milk	Contains – N/A	Contains – Milk ,Egg	Contains - Gluten-Wheat, Milk, Egg

Signed: _____