

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 Fruit Milk/Water	Malted Wheeties/ Cheerios/ Multigrain hoops/Wheat Bisks Fruit Milk/Water	Malted Wheeties/ Cheerios/ Multigrain hoops/Wheat Bisks Fruit Milk/Water	Malted Wheeties/ Cheerios/ Multigrain hoops/Wheat Bisks Fruit Milk/Water	Malted Wheeties/ Cheerios/ Multigrain hoops/Wheat Bisks Fruit 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 – Apples/grapes Milk/Water	Cream Crackers/Wholemeal toast/bread with butter/ Jam/cheese /ham Yogurt Fruit – Apples & pears Milk/Water	Cream Crackers/Wholemeal toast/bread with butter/ Jam/cheese /ham Yogurt , Carrot sticks Fruit – Grapes & oranges Milk/Water	Cream Crackers/Wholemeal toast/bread with butter/ Jam/cheese /ham Yogurt, Carrot sticks Fruit – Apples & oranges 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 Curry & brown rice served with peas & sweetcorn 2.Pasta Bake with peas & sweetcorn Milk/Water	1. Spaghetti with bolognaise with broccoli & sweetcorn 2.Veg Quiche & beans Milk/Water	1.Ham , potatoes, served with carrots & broccoli 2. Mac & Cheese served with carrots & broccoli Milk/Water	1.Shepherds pie served with carrots & peas 2.Veg Soup with brown roll/bread Milk/Water	1, Fish fingers, mashed potatoes, served with beans & carrots 2. Penne pasta in tomato sauce, served with beans & carrots Milk/water
Allergens	1.Contains – Gluten-Wheat , Milk 2. Contains – Gluten-Wheat, Milk	1. Contains – Gluten-Wheat, Milk 2. Contains – Gluten-Wheat, Milk, Egg	1.Contains – Gluten-Wheat , Milk 2. Contains – Gluten-Wheat, Milk	1.Contains – Gluten-Wheat , Milk , 2. Contains – Gluten-Wheat, Milk, Celery, Soybeans	1. Contains – Gluten-Wheat, Milk, 2. Contains – Gluten-Wheat, Milk,
Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Allergens					



Signed: _____
2017

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