

## Healthy Meals

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk cereal with slice of banana or scrambled eggs on toast	Cornflakes with milk & a slice of buttered toast	Porridge fruits and honey	Milk & a slice of toast with butter or jam	Milk & pancake with honey
<b>Morning snack</b>	Diluted apple or orange juice and bread sticks	Yogurt and water	Milk and breadsticks	Peeled and sliced apples, bananas & oranges	Bananas Crackers with butter
<b>Lunch</b>	Shepherd pie with salad or  Vegetable & potato pie and salad  Fresh fruits and water	Macaroni cheese, beans or carrots.  Chicken pasta beans and carrots.  Fruit salad and water	Fish fingers, baked beans and potato wedges  Vegetable fingers, baked beans and potato wedges  Yogurt and water	Freshly made chicken soup , tomato or vegetable soup  Freshly made cheese or tuna sandwiches  Banana and water	Vegetable pizza with mixed salad  Cake and custard  Water
<b>Afternoon snack</b>	Yogurt drink, sliced banana and biscuit	Packet of raisins and sliced pear water	Cucumber & carrot sticks, biscuit water	Milk and bread stick	Satsuma and biscuit
<b>Supper</b>	Spaghetti bolognaise with (lamb or soya)  Fruit salad	Home-made beef burger and green salad  Vegetable burger and green salad  Diluted fruit juice or water	Mexican wrap with chicken and vegetable filling  or Mexican with soya and vegetable filling  Slice of apples	Rice and minced lamb curry with sweet corn  Rice and lentil curry with sweet corn  Ice cream	Chicken stir fried and vegetables  Soya based stir fry or Vegetable stir fry  Fruit salad

