



# Sample Meal Planner



## Week 1

	Breakfast:	Snack:	Lunch:	Snack:	Dinner:
Monday	Fruit Salad with yogurt Toast	Breadsticks & Raisins	Cheese scones Crudities Jelly	Carrot sticks with Dip	Roast chicken Potatoes & Vegetables Bananas and custard
Tuesday	Cereal Bananas and Oranges	Cubed cheese Sliced apple	Crackers and Cheese Crudities Yogurt	Toast	Lasagne and Vegetables Rice pudding
Wednesday	Porridge Chopped banana And blueberries	Rice cakes	Toasties Crudities Homemade Flapjack	Beans on toast Crudities Mousse	Homemade Salmon Fishcakes with peas and sweet corn Fruit salad
Thursday	Crumpets Sliced apple and pear	Raisins Sliced banana	Beans on toast Crudities Mousse	Malt Loaf	Tomato pasta with chicken Garlic Bread Vegetables Jelly & ice cream
Friday	Cereal Yogurt	Oranges Pears	Sandwiches (cheese,ham,jam) Crudities Homemade Fairy cakes	Breadsticks with Dip	Fish pie and Vegetables Apple pie and custard

## Week 2

	Breakfast:	Snack:	Lunch:	Snack:	Dinner:
Monday	Cereal Sliced apple and grapes	Rice cakes	Toasted ciabatta With ham and Sliced tomato Crudities Yogurt	Fruit Scone Jam	Pork casserole Dumplings Berry strudel Custard
Tuesday	Muffin with Jam Oranges	Bread Sticks Raisins	Crackers with Cheese Crudities Strawberries in Jelly	Cucumber with Cream Cheese Dip	Sausages with Mash potatoes & peas Ice cream with Banana and Blueberries
Wednesday	Fruit Salad Yogurt	Rice cakes	Oranges Sliced Apple	Oatcakes Grated Cheese	Fish in butter Sauce New potatoes Carrots Rice pudding
Thursday	Toast Sliced Banana	Oranges Sliced Apple	Tomato Soup with Crusty bread Mini Trifle	Fruit Smoothie Homemade shortbread	Crumpets Sliced apple and pear
Friday	Porridge Sliced pear	Carrot sticks Houmous	Tuna/Cheese Melt on toast Crudities Homemade cookies	Yogurt Berries	Spaghetti Bolognaise with Garlic bread Salad Cheesecake

