Mock-Up Meal Plan

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| Diagram  Description automatically generated | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Toast, Cereals Or Fruit | Crumpets | Toast, Cereals Or Fruit | Scrambled Eggs | Toast, Cereals Or Fruit |
| **Morning Snack** | Carrot Sticks | Apple Slices | Cucumber Sticks | Banana Slices | Pepper Sticks |
| **Lunch** | Ham Wraps | Sandwiches With Choice Of Filling | Pasta Salad | Sandwiches With Choice Of Filling | Bagel With Jam |
| **Afternoon Snack** | Yogurt Pot | Fruit Loaf With Butter | Crackers And Cheese Cubes | Fruit Loaf With Butter | Rice Cakes |
| **Dinner** | Pasta Bolognese  And Garlic Bread | Chicken Wraps With Salad | Fish Fingers With Mash and Peas | Toad In The Hole With New Potatoes | Pizza |
| **Dessert** | Small Slice Of Cake | Jelly | Fruit Cones | Ice Cream | Angel Delight |

* **Fresh water is always available.**
* **The choice of squash or water will be available with every meal and the added choice of milk at morning snack times.**
* **We will give children occasional treats such as milkshake, hot chocolates, the odd biscuit etc. during appropriate weathers, also.**

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| **Meal Plan Shopping List.** | | |
| **Bread** | **Eggs** | **Cucumber** |
| **Cereal** | **Carrots** | **Bananas** |
| **Crumpets** | **Apples** | **Peppers** |
| **Ham** | **Wraps** | **Pasta** |
| **Tomatoes** | **Lettuce** | **Crackers** |
| **Fruit Loaf** | **Bagels** | **Jam** |
| **Yoghurts** | **Rice Cakes** | **Chicken** |
| **Fish Fingers** | **New Potatoes** | **Sausages** |
| **Pizza** | **Jelly** | **Ice Cream** |
| **Angel Delight** | **Cake Mix** | **Garlic Bread** |
| **Peas** | **Mash** | **£26.19  £5 a day – £1.70 a meal.** |