

**Most Healthy**

**Less Healthy**

**Least Healthy**

<b>BREAKFAST</b> (8.10am)	<b>Cereals</b>	<b>Cooked Breakfast</b>
	<ul style="list-style-type: none"> <li>◆◆ Rice Krispies, Weetabix, Corn Flakes, Coco Pops</li> </ul>	<ul style="list-style-type: none"> <li>◆ Sausage or Bacon, Egg, Beans</li> <li>◆ Waffles or Hash Browns, Toast, Bread</li> <li>◆ Spreads</li> </ul>

	<b>LUNCH (12:00pm)</b> with Tea or Squash	<b>DINNER (5:20pm)</b> with Water
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>◆ Jacket Potato with cheese or tuna</li> <li>◆ Filled Rolls</li> <li>◆ Fish Fingers</li> <li>◆ Mixed Salad</li> <li>◆ Beans</li> <li>◆ Bread and ◆ Spreads</li> <li>◆ Yoghurt and ◆ Fresh Fruit</li> <li>◆ Cheese and Biscuits</li> <li>◆ Homemade Fairy Cakes</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken Nuggets</li> <li>◆ Battered Fresh Fish</li> <li>◆ Cheese and Onion Pasty</li> <li>◆ Peas</li> <li>◆ Spaghetti</li> <li>◆ Chips</li> <li>◆ Yoghurt</li> <li>◆ Fresh Fruit</li> <li>◆ Cheese and Biscuits</li> <li>◆ Chocolate Doughnuts</li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>◆ Macaroni Cheese</li> <li>◆ Filled Rolls</li> <li>◆ Sausage Rolls</li> <li>◆ Mixed Salad</li> <li>◆ Spaghetti Rings</li> <li>◆ Bread and ◆ Spreads</li> <li>◆ Yoghurt and ◆ Fresh Fruit</li> <li>◆ Cheese and Biscuits</li> <li>◆ Homemade Muffins</li> </ul>	<ul style="list-style-type: none"> <li>◆ Homemade Pizza</li> <li>◆ Fish Cakes</li> <li>◆ Homemade Chicken Pie</li> <li>◆ Cottage Pie</li> <li>◆ Sweetcorn and Spaghetti</li> <li>◆ Potato Wedges</li> <li>◆ Yoghurt and ◆ Fresh Fruit</li> <li>◆ Angel Delight</li> <li>◆ Cheese and Biscuits</li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>◆ Jacket Potato with cheese or tuna</li> <li>◆ Filled Rolls</li> <li>◆ Fish Fingers</li> <li>◆ Mixed Salad</li> <li>◆ Beans</li> <li>◆ Bread and ◆ Spreads</li> <li>◆ Yoghurt and ◆ Fresh Fruit</li> <li>◆ Cheese and Biscuits</li> <li>◆ Iced Sponge Cake</li> </ul>	<ul style="list-style-type: none"> <li>◆ Sausages</li> <li>◆ Cheese Pasty</li> <li>◆ Pasta with Bolognese Sauce</li> <li>◆ Carrots</li> <li>◆ Spaghetti</li> <li>◆ Saute Potatoes</li> <li>◆ Yoghurt and ◆ Fresh Fruit</li> <li>◆ Cheese and Biscuits</li> <li>◆ Chocolate Sponge</li> </ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>◆ Macaroni Cheese</li> <li>◆ Filled Rolls</li> <li>◆ Sausage Rolls</li> <li>◆ Mixed Salad</li> <li>◆ Spaghetti Rings</li> <li>◆ Bread and ◆ Spreads</li> <li>◆ Yoghurt and ◆ Fresh Fruit</li> <li>◆ Cheese and Biscuits</li> <li>◆ Homemade Cookies</li> </ul>	<ul style="list-style-type: none"> <li>◆ Homemade Pizza</li> <li>◆ Fish Cakes</li> <li>◆ Chicken Curry</li> <li>◆ Sweetcorn</li> <li>◆ Spaghetti</li> <li>◆ Rice</li> <li>◆ Chips</li> <li>◆ Yoghurt and ◆ Fresh Fruit</li> <li>◆ Cheese and Biscuits</li> <li>◆ Chocolate Rice Krispies</li> </ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>◆ Jacket Potato with cheese or tuna</li> <li>◆ Filled Rolls</li> <li>◆ Fish Fingers</li> <li>◆ Mixed Salad</li> <li>◆ Beans</li> <li>◆ Bread</li> <li>◆ Spreads</li> <li>◆ Yoghurt and ◆ Fresh Fruit</li> <li>◆ Chocolate Biscuits</li> </ul>	<p style="text-align: center;"><b>SUPPER</b> (7.45-8.00pm)</p> <ul style="list-style-type: none"> <li>◆ Milk, Chocolate or Strawberry Milkshake</li> <li>◆ Orange or Lemon Squash</li> <li>◆ Homemade or Packet Biscuits</li> </ul>