

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1	Wholegrain/high fibre cereal & semi-skimmed milk; white toast and preserve	Vegetable & lentil soup; prawn mayonnaise sandwich (wholemeal bread)	Chicken curry & rice with white pitta bread	Apple; raspberries/strawberries; biscuit, 100ml semi-skimmed milk; 1tsp of sugar
DAY 2	Porridge; wholemeal toast & spread; fruit juice	Egg salad sandwich (white bread); yoghurt (full fat)	Chilli beef & kidney bean tortillas with salad	Banana; peach; scone & jam; 100ml semi-skimmed milk; 1tsp of sugar
DAY 3	Wholegrain/high fibre cereal & semi-skimmed milk; fruit juice; wholemeal toast & spread	Tomato & red pepper soup with a wholemeal roll; yoghurt (low fat)	Salmon with cream cheese topping, new potatoes, broccoli & carrots	Pear; grapes; biscuit; crisps; 100ml semi-skimmed milk; 1tsp of sugar
DAY 4	Other cereal & semi-skimmed milk; fruit juice	Baked potato with baked beans & cheese; salad	Chicken stir fry and noodles; ice cream & raspberries/strawberries	Apple; biscuit; nectarine; cake; 100ml semi-skimmed milk; 1tsp of sugar
DAY 5	Wholegrain/high fibre cereal & semi-skimmed milk; fruit juice	Carrot & butterbean soup; ham & cream cheese bagel	Macaroni cheese with salad; sponge/cereal pudding	Chocolate bar; pear; kiwi fruit; small packet of nuts; 100ml semi-skimmed milk; 1tsp of sugar
DAY 6	Other cereal & semi-skimmed milk; wholemeal toast & preserve	Cheese & tomato sandwich (wholemeal bread); yoghurt (low fat)	Fish, oven chips & peas; white bread & spread	Banana; biscuit; peach; 100ml semi-skimmed milk; 1tsp of sugar
DAY 7	Poached egg, baked beans, potato waffle & mushrooms; wholemeal toast & spread	Roast pork, roast potatoes, cabbage & gravy; sponge/cereal pudding	Cheese toastie with white bread & salad	Grapes; biscuit; apple; 100ml semi-skimmed milk; 1tsp of sugar