Week One - Menu Planner

Meal - % of a child's nutritional requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast – 20%					
Mid-Morning Snack – 10%					
Lunch – 30%					
Mid-afternoon Snack – 10%					
Tea – 20%					

Week Two - Menu Planner

Meal – Plan to provide % of a child's nutritional requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast – 20%					
Mid-Morning Snack – 10%					
Lunch – 30%					
Mid-afternoon Snack – 10%					
Tea – 20%					