

Week Starting: _____

Week One - Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Mouse Traps Fresh Fruit: _____ _____ Allergy Meal: _____ _____	Honey Oat Slice Fresh Fruit: _____ _____ Allergy Meal: _____ _____	Banana Loaf Fresh Fruit: _____ _____ Allergy Meal: _____ _____	Wheatmeal Toast & Spreads Fresh Fruit: _____ _____ Allergy Meal: _____ _____	Fruit Smoothies Fresh Fruit: _____ _____ Allergy Meal: _____ _____
	LUNCH	Macaroni & Cauliflower Cheese Allergy Meal: _____ _____	Sandwiches Allergy Meal: _____ _____	Beef & Vegetable Pie Allergy Meal: Paneer & Vegetable Pie	Chickpea Curry Allergy Meal: _____ _____
AFTERNOON TEA	Banana Blueberry Buns Fresh Fruit: _____ _____ Allergy Meal: _____ _____	Hummus Dip with Pita Wedges Fresh Fruit: _____ _____ Allergy Meal: _____ _____	Cheese & Crackers Fresh Fruit: _____ _____ Allergy Meal: _____ _____	Baked Bean Muffins Fresh Fruit: _____ _____ Allergy Meal: _____ _____	Fruit Loaf Fresh Fruit: _____ _____ Allergy Meal: _____ _____
	<i>Baby Mash with:</i> _____	<i>Baby Mash with:</i> _____	<i>Baby Mash with:</i> _____	<i>Baby Mash with:</i> _____	<i>Baby Mash with:</i> _____
Sign each days menu	Sign: _____	Sign: _____	Sign: _____	Sign: _____	Sign: _____

** Water served with every meal