

Name:

Class:

Week One

		Monday	Tuesday	Wednesday	Thursday	Friday
Choose one type of bread or potato for each day	Sandwich White Bread					
	Sandwich Brown Bread					
	Half a Baguette					
	Half a wrap					
	Jacket Potato					
Choose one filling for each day -	Cheese - potato or sandwich					
	Tuna - potato or sandwich					
	Beans - potato ONLY					
	Turkey - sandwich ONLY					
	Ham - sandwich ONLY					
Choose one of the following for each day	Salad					
	Coleslaw					
	Fresh Fruit					
Choose one of the following for each day	Cake					
	Yoghurt					
	Cheese and Biscuits					
	Fresh Fruit					
	Fruity Pot					
Choose one drink for each day	Milk					
	Orange/Apple Juice					



Week Two

		Monday	Tuesday	Wednesday	Thursday	Friday
Choose one type of bread or potato for each day	Sandwich White Bread					
	Sandwich Brown Bread					
	Half a Baguette					
	Half a wrap					
	Jacket Potato					
Choose one filling for each day -	Cheese - potato or sandwich					
	Tuna - potato or sandwich					
	Beans - potato ONLY					
	Turkey - sandwich ONLY					
	Ham - sandwich ONLY					
Choose one of the following for each day	Salad					
	Coleslaw					
	Fresh Fruit					
Choose one of the following for each day	Cake					
	Yoghurt					
	Cheese and Biscuits					
	Fresh Fruit					
	Fruity Pot					
Choose one drink for each day	Milk					
	Orange/Apple Juice					

