|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Summer Term Menu Week 1** | **Week No** | **1** |  | **High** |  | **Medium** |  | **Low** |

CODES: 1=Fats 2=saturates 3=sugars 4=salt

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Meal | Monday | 1 | 2 | 3 | 4 | Tuesday | 1 | 2 | 3 | 4 | Wednesday | 1 | 2 | 3 | 4 | Thursday | 1 | 2 | 3 | 4 | Friday | 1 | 2 | 3 | 4 | Saturday | 1 | 2 | 3 | 4 | Sunday | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  |
|  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  |
|  | Cereals |  |  |  |  | Cereals |  |  |  |  | Cereals |  |  |  |  | Cereals |  |  |  |  | Cereals |  |  |  |  | Cereals |  |  |  |  | Cereals |  |  |  |  |
|  | Boiled Eggs |  |  |  |  | Fried Egg |  |  |  |  | Fresh Toast |  |  |  |  | Sausage |  |  |  |  | Croissants |  |  |  |  | Boiled eggs  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Beans |  |  |  |  |  |  |  |  |  | Croissants  |  |  |  |  |  |  |  |  |  |
|  | Toast |  |  |  |  | Toast |  |  |  |  | Toast |  |  |  |  | Toast |  |  |  |  | Toast |  |  |  |  | Toast |  |  |  |  | Toast |  |  |  |  |
|  | Jams |  |  |  |  | Jams |  |  |  |  | Jams |  |  |  |  | Jams |  |  |  |  | Jams |  |  |  |  | Jams |  |  |  |  | Jams |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Am Break | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  |  |  |  |  |  |
|  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  | Sausage |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Onions |  |  |  |  |  |  |  |  |  |
|  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh stick |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Scrabbled Eggs |  |  |  |  |
|  | Ploughman’s |  |  |  |  | Salad |  |  |  |  | Salad |  |  |  |  | Salad |  |  |  |  | Salad |  |  |  |  | Salad |  |  |  |  | Bacon |  |  |  |  |
|  | Sliced Meats |  |  |  |  | Sweet and Sour Chicken |  |  |  |  | Vegetable Ravioli |  |  |  |  | 6oz Cheese Burger |  |  |  |  | Battered Cod |  |  |  |  | Coronation Chicken |  |  |  |  | Sausage |  |  |  |  |
|  | Sliced Cheese |  |  |  |  | Egg Noodles |  |  |  |  | Carrots Green Beans |  |  |  |  | Sauté Potatoes  |  |  |  |  | Curly Fries |  |  |  |  | Sliced Meats |  |  |  |  | Beans |  |  |  |  |
|  | French Bread |  |  |  |  |  |  |  |  |  | Fresh Bread |  |  |  |  | Brioche Bun |  |  |  |  | Peas |  |  |  |  | Sliced Cheese |  |  |  |  | Hash browns |  |  |  |  |
|  | Jacket potato |  |  |  |  | Jacket potato |  |  |  |  | Jacket potato |  |  |  |  | Jacket potato |  |  |  |  | Jacket potato |  |  |  |  | Sub Rolls |  |  |  |  | Bread |  |  |  |  |
|  | Beans |  |  |  |  | Beans |  |  |  |  | Beans |  |  |  |  | Beans |  |  |  |  | Beans |  |  |  |  |  |  |  |  |  | Jam/butter |  |  |  |  |
|  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pm break | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  | Tea/coffee |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  | Juice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cake |  |  |  |  | Cake |  |  |  |  | Cake |  |  |  |  | Cake |  |  |  |  | Cake |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Supper | Cottage Pie |  |  |  |  | Lamb Kebab |  |  |  |  | Chicken Feast |  |  |  |  | Spaghetti |  |  |  |  | Roast Turkey |  |  |  |  | BBQ |  |  |  |  | Turkey Escolapes |  |  |  |  |
|  | Broccoli  |  |  |  |  | Pita Bread |  |  |  |  | Chips |  |  |  |  | Meatballs |  |  |  |  | Roast Potatoes |  |  |  |  | Chicken |  |  |  |  | Mash Potato |  |  |  |  |
|  | Cauliflower |  |  |  |  | Wedges |  |  |  |  | Tomatoes  |  |  |  |  | Garlic Bread |  |  |  |  | Roast Vegetables |  |  |  |  | Pork Belly |  |  |  |  | Mixed Beans |  |  |  |  |
|  |  |  |  |  |  | Salad |  |  |  |  | Mushrooms |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Sausages |  |  |  |  |  |  |  |  |  |
|  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Burgers |  |  |  |  | Soup |  |  |  |  |
|  | Chocolate Muffins |  |  |  |  | Short bread |  |  |  |  | Lemon Cake |  |  |  |  | Apple Strudel |  |  |  |  | Trifle |  |  |  |  |  |  |  |  |  | Banoffee Pie |  |  |  |  |
|  | Ice Cream |  |  |  |  | Ice Cream |  |  |  |  | Ice Cream |  |  |  |  | Ice Cream |  |  |  |  | Ice Cream |  |  |  |  | Choc Ice |  |  |  |  | Ice Cream |  |  |  |  |
|  | Salad bar |  |  |  |  | Salad bar |  |  |  |  | Salad bar |  |  |  |  | Salad bar |  |  |  |  | Salad bar |  |  |  |  | Salad bar |  |  |  |  | Salad bar |  |  |  |  |
|  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  | Fresh Fruit |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pm snack | Bread |  |  |  |  | Bread |  |  |  |  | Bread |  |  |  |  | Bread |  |  |  |  | Bread |  |  |  |  | Bread |  |  |  |  | Bread |  |  |  |  |
|  | Jam |  |  |  |  | Jam |  |  |  |  | Jam |  |  |  |  | Jam |  |  |  |  | Jam |  |  |  |  | Jam |  |  |  |  | Jam |  |  |  |  |
|  | Butter |  |  |  |  | Butter |  |  |  |  | Butter |  |  |  |  | Butter |  |  |  |  | Butter |  |  |  |  | Butter |  |  |  |  | Butter |  |  |  |  |