|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Summer Term Menu Week 2** | **Week No** | **2** |  | **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 |  |  |  |  | French 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 |  |  |  |  |
|  | Salad |  |  |  |  | Salad |  |  |  |  | Salad |  |  |  |  | Salad |  |  |  |  | Salad |  |  |  |  | Salad |  |  |  |  | Bacon |  |  |  |  |
|  | Pizza Baguettes |  |  |  |  | Shezuan Chicken Balls |  |  |  |  | Sausage |  |  |  |  | Spaghetti |  |  |  |  | Fish Cakes |  |  |  |  | Lamb Kebab |  |  |  |  | Sausage |  |  |  |  |
|  | Sauté Potatoes |  |  |  |  | Egg Noodles |  |  |  |  | Egg |  |  |  |  | Bolognese |  |  |  |  | Lattice Fries |  |  |  |  | Pita Bread |  |  |  |  | Beans |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | Chips |  |  |  |  | Fresh Bread |  |  |  |  | Peas |  |  |  |  |  |  |  |  |  | Hash browns |  |  |  |  |
|  | Jacket potato |  |  |  |  | Jacket potato |  |  |  |  | Jacket potato |  |  |  |  | Jacket potato |  |  |  |  | Jacket potato |  |  |  |  |  |  |  |  |  | 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 | Moussaka |  |  |  |  | Chicken Fajitas |  |  |  |  | Chilli Con Carne |  |  |  |  | Beef Stroganoff |  |  |  |  | Roast Chicken |  |  |  |  | BBQ |  |  |  |  | Spiced Chicken Drumsticks |  |  |  |  |
|  | Green Beans |  |  |  |  | Tortilla Wraps |  |  |  |  | Turmeric Rice |  |  |  |  | Diced Potatoes |  |  |  |  | Roast New Potatoes |  |  |  |  | Chicken |  |  |  |  | Crispy Potatoes |  |  |  |  |
|  | Carrots |  |  |  |  | Wedges |  |  |  |  | Grated Cheese |  |  |  |  |  |  |  |  |  | Carrots, Parsnips |  |  |  |  | Pork Belly |  |  |  |  | Mixed Cabbage |  |  |  |  |
|  |  |  |  |  |  | Salad |  |  |  |  | Soured Cream |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Sausages |  |  |  |  |  |  |  |  |  |
|  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Burgers |  |  |  |  | Soup |  |  |  |  |
|  | Apple Crumble |  |  |  |  | Flapjack |  |  |  |  | Chocolate Orange Mousse |  |  |  |  | Fruit Cheesecake |  |  |  |  | Summer Sponge |  |  |  |  |  |  |  |  |  | Lemon Meringue 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 |  |  |  |  |