|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Summer Term Menu Week 3** | **Week No** | **3** |  | **High** |  | **Medium** |  | **Low** |

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |
|  | Tuna Mayonnaise |  |  |  |  | Chicken Chow Mein |  |  |  |  | Beef Nachos |  |  |  |  | Chicken Pie |  |  |  |  | Fish Fingers |  |  |  |  | Honey Lemon Chicken |  |  |  |  | Sausage |  |  |  |  |
|  | Sliced Meats |  |  |  |  | Egg Noodles |  |  |  |  | Diced Potatoes |  |  |  |  | New Potatoes |  |  |  |  | Curly Fries |  |  |  |  | Egg Noodles |  |  |  |  | Beans |  |  |  |  |
|  | Sub Rolls |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Mixed Vegetables |  |  |  |  | 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 | Lasagne |  |  |  |  | Mixed Grill |  |  |  |  | Southern Fried Chicken |  |  |  |  | Spaghetti |  |  |  |  | Roast Beef |  |  |  |  | BBQ |  |  |  |  | Chicken Wings |  |  |  |  |
|  | Wedges |  |  |  |  | Chips |  |  |  |  | Dauphinoise Potatoes |  |  |  |  | Bolognese |  |  |  |  | Roast Potatoes |  |  |  |  | Chicken |  |  |  |  | Wedges |  |  |  |  |
|  | Garlic Bread |  |  |  |  | Tomato  Mushrooms |  |  |  |  | Peas |  |  |  |  | Garlic Bread |  |  |  |  | Swede and Carrots |  |  |  |  | Pork Belly |  |  |  |  | Corn on Cob |  |  |  |  |
|  |  |  |  |  |  | Salad |  |  |  |  | Sweetcorn |  |  |  |  |  |  |  |  |  | Yorkshire Pudding |  |  |  |  | Sausages |  |  |  |  |  |  |  |  |  |
|  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Soup |  |  |  |  | Burgers |  |  |  |  | Soup |  |  |  |  |
|  | Chocolate Brownie |  |  |  |  | White Choc chip Cookies |  |  |  |  | Raspberry Coconut Sponge |  |  |  |  | Lemon Mousse Brandy Snaps |  |  |  |  | Baked Rice Pudding |  |  |  |  |  |  |  |  |  | Chocolate Tart |  |  |  |  |
|  | 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 |  |  |  |  |