Winter Term Menu Week 1	Week No	1	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				
	Chicken Pie					Salad					Salad					Salad					Salad					Salad					Bacon				
	Roast New Potatoes					Sweet and Sour Chicken					Sausage					Jerk Chicken					Salmon Cakes					Chicken Drumsticks					Sausage				
	Mixed Vegetables					Egg Noodles					Chips					Tomato Rice					potatoes					Chips					Beans				
											Baked Beans					Brioche Bun					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					Southern Fried Chicken					Beef Stew					Chicken Fajita's					Roast Turkey					Lamb Kebab					Chicken Tenders				
	Garlic Bread					Pea Sweetcorn					Dumplings					Spiced Potatoes					Roast Potatoes					Pita Bread					Potatoes				
						Dauphinoise Potatoes					Broccoli										Cauliflower swede Broccol										Mixed Beans				
																					Yorkshire Pudding														
	Soup					Soup					Soup					Soup					Soup										Soup				
	Chocolate Muffins					Fruit Sponge					Cherry Flapjack					Apple Crumble					Trifle										Chocolate Sponge				
	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				