Winter Term Menu Week 2	Week No	2	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				
	Mince onion Pie					Hoi sin chicken beef					Canneloni					Chicken Alla King					Fish Cakes					Pasta Bolognese					Sausage				
	New potatoes					Egg Noodles					Bread					Rice					Wedges										Beans				
	Green beans																				Beans										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	Chicken Korma					Beef Nachos					Bacon					Pad Thai					Roast Beef					Samosa					Beef Pasty				
	Coriander Rice					Dice potatoes					Sausage					Spring Rolls					Roast Potatoes					Potatoes					Saute Potatoes				
	Nan Bread										Scrambled Egg										Carrots, Parsnips										Green Beans				
											Hash Browns										Yorkshire Pudding														
	Soup					Soup					Soup					Soup					Soup										Soup				
	Pear and Berry Cobbler					Lemon Sponge					Chocolate Brownie					Doughnuts					Summer Sponge										Rice Pudding.				
	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				