Winter 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				
	Cottage Pie					Szezuan Chicken					Chicken Biryani					Vegetable Ravioli					Battered Cod					Chicken Wings					Sausage				
						Egg Noodles					Vegetable Curry										Curly Fries					Corn on Cob					Beans				
	Farmhouse Vegetables										Nan Bread										Beans					Crispy Potatoes					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	Lamb Tagine					Spahetti					Mixed Grill					Steak Ale Pie					Roast Chicken										Chilli Con Carne				
	Couscous					Bolognese					Chips					Mash Potato					Roast New Potatoes					Pizza					Rice				
																Country Vegetables					Roast Vegetables														
	Soup					Soup					Soup					Soup					Soup										Soup				
	Croissant and Butter Pudding					Choc Chip Sponge					Rhubarb Apple Ginger Crumble					Apple Strudel					Fruit Cheesecake										Banoffe 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				