

PlayDays Menu – Week A

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	Variety of cereal Toast Water	Variety of cereal Toast Water	Variety of cereal Toast Water	Variety of cereal Toast Water	Variety of cereal Toast Water
<u>Snack AM</u>	Fruit Milk/Water	Fruit Milk/Water	Fruit Milk/Water	Fruit Milk/Water	Fruit Milk/Water
<u>Lunch</u>	Cheese & Tomato Pasta With Sweetcorn Yoghurt Water	Sausage Mash & Beans Yoghurt Water	Spaghetti & Bolognese & mixed vegetables Yoghurt Water	Chicken Curry Rice and Peas Yoghurt Water	Fish Fingers Wedges and Spaghetti Hoops Yoghurt Water
<u>Snack PM</u>	Cucumber Sticks Milk/Water	Plain Popcorn Milk/Water	Breadsticks Milk/Water	Carrot Sticks Milk/Water	Plain Popcorn Milk/Water
<u>Tea</u>	Marmite on Toast Water	Crackers with ham/cheese Water	Pitta & Houmous Water	Toasted Tortillas with Sour Cream Water	Sandwiches with Chicken/Cheese Water

PlayDays Menu – Week B

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	Variety of cereal Toast Water	Variety of cereal Toast Water	Variety of cereal Toast Water	Variety of cereal Toast Water	Variety of cereal Toast Water
<u>Snack AM</u>	Fruit Milk/Water	Fruit Milk/Water	Fruit Milk/Water	Fruit Milk/Water	Fruit Milk/Water
<u>Lunch</u>	Veggie Fingers Crispy Potatoes & beans Yoghurt Water	Tuna Pasta & sweetcorn Yoghurt Water	Chicken Goujons alphabet shapes & spaghetti hoops Yoghurt Water	Chilli Con Carne & Rice with mixed Veg Yoghurt Water	Smoked sausage pasta & sweetcorn Yoghurt Water
<u>Snack PM</u>	Cheese & Pineapple Milk/Water	Carrot Sticks Milk/Water	Popcorn Milk/Water	Cucumber Sticks Milk/Water	Breadsticks Milk/Water
<u>Tea</u>	Pitta & Houmous	Sandwiches with Ham/Cheese	Toast & Marmite	Crackers with Cheese/Ham	Toasted Tortillas with Sour Cream

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PlayDays Menu – Week C

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	Variety of cereal Toast Water	Variety of cereal Toast Water	Variety of cereal Toast Water	Variety of cereal Toast Water	Variety of cereal Toast Water
<u>Snack AM</u>	Fruit Milk/Water	Fruit Milk / Water	Fruit Milk/Water	Fruit Milk/Water	Cheese & Pineapple Milk/Water
<u>Lunch</u>	Lasagne and Garlic Bread Yoghurt Water	Fish Fingers Wedges & Spaghetti Hoops Yoghurt Water	Spanish Chicken & Rice with mixed veg Yoghurt Water	Cheese & Tomato pasta & sweetcorn Yoghurt Water	Sausage, mash & beans Yoghurt Water
<u>Snack PM</u>	Rice Cakes Milk/Water	Rich Tea Biscuit Milk/Water	Breadsticks Milk/Water	Mini Cheddars Milk/Water	Veggie Puffs Milk/Water
<u>Tea</u>	Malt Loaf	Brioche	Fruit Loaf	Tea Cake	Crackers

	Water	Water	Water	Water	Water
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