

Tamsin's Little Acorns

Example of Weekly Menu Planner

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, Wholemeal Toast	Cereal, Wholemeal Toast	Cereal, Wholemeal Toast	Cereal, Wholemeal Toast	Cereal, Wholemeal Toast
Mid Morning Snack	Malt Loaf	Veg sticks with Houmous	Vegetable Kebabs	Scotch Pancake	Veg sticks with Houmous
Lunch	Macaroni cheese with broccoli Yoghurt	Chilli with rice Yoghurt	Fish Pie with peas and carrots Jelly	Spaghetti Bolognese Yoghurt	Chicken casserole with Yorkshire pudding Jelly
Mid Afternoon Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Tea/Dinner	Chicken and Sweetcorn Pizza	Teacake with butter and jam	Baked Potato with beans	Roasted red pepper soup	Selection of sandwiches
Drinks	Water throughout day	Water throughout day	Water throughout day	Water throughout day	Water throughout day