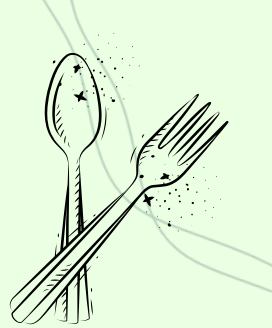




WEEKLY MEAL PLANNER

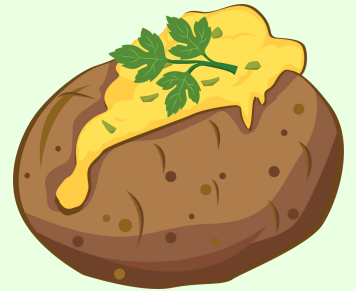
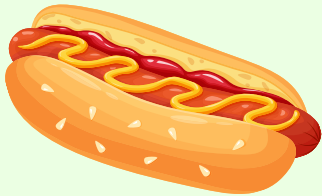
WEEK 1



Monday

Snack: Fruit

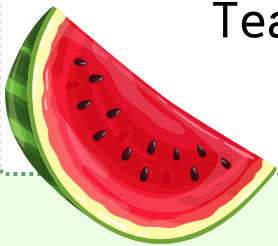
Tea: Fish fingers chips and veg



Tuesday

Snack: Crudites

Tea: Pizza



Wednesday

Snack: Fruit

Tea: Hotdogs



Thursday

Snack: Crudites

Tea: Wraps
Tuna or cheese



Friday

Snack: Fruit

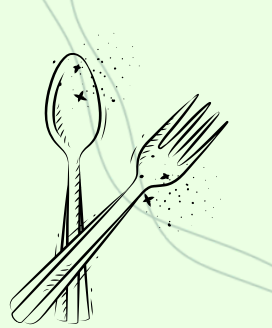
Tea: Jacket Potato
Beans
or Cheese





WEEKLY MEAL PLANNER

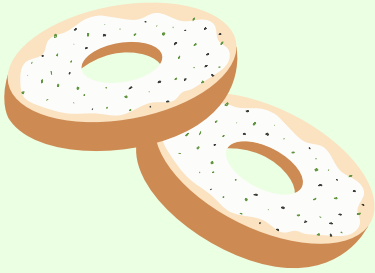
WEEK 2



Monday

Snack: Crudites

Tea: Sausages and Mash
and veg



Tuesday

Snack: Fruit

Tea: Pasta with sauce



Wednesday

Snack: Crudites

Tea: Chicken Noodles



Thursday

Snack: Fruit

Tea: Bagels



Friday

Tea: Pitta bread
with crudites and hummus
fruit

