

HAPPY BUBBLES

WEEKLY MEAL PLAN

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> 7.30-8am	Fresh fruit and yoghurt	Scotch Pancakes and banana	Toast and jam or peanut butter	Scrambled eggs	Cereal with whole milk
<u>Snack</u> 10.30-11am	Mousse and digestive biscuits	Crumble and custard	Yoghurt and fruit	Home-made rice pudding	Crackers and cheese, tomatoes, cucumber
<u>Lunch</u> 12-1pm	Pasta Bolognese	Omelette with salad	Sandwiches with choice of fillers	Meatballs with sauce and rice	Sausages with vegetables
<u>Tea</u> 3-4pm	Toasted muffins with jam	Fruit salad	Carrot sticks with houmous	Feta cheese with cucumber slices or Greek yoghurt & grapes	Home-made biscuits
<u>Dinner</u> 6-7pm	Chicken with bean sprout, peas or mash potato	Home-made pizza and salad	Baked potato with fillers*	Lasagne and garlic bread	Stew with lamb/beef, vegetables

Each day we provide a selection of healthy and nutritional food as well as vegetarian alternatives. During our 'around the world' week we cook dishes inspired by international cuisines.

Milk: We provide fresh whole milk daily with breakfast.

Drinks are provided with every meal: Water, sugar-free juices.

***Fillers:** Fish, tuna mayonnaise and sweet corn, ham, chicken, beef, steaks, cheese.