

SUMMER MENU

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast		<b>Oats</b>	<b>Porridge</b>	<b>Porridge</b>	<b>Cereal</b>	<b>Oats</b>
	Starch	1/4 cup cooked oats	1/4 cup Maltabela	1/4 cup maize porridge	1/2 weetbix	1/4 cup cooked oats
	Milk/Dairy	100ml Formula	100ml Formula	100ml Formula	100ml Formula	100ml Formula
	Fat					
	Sugar					
Morning Snack	Starch					
	Milk/Dairy	150ml Formula	150ml Formula	150ml Formula	150ml Formula	150ml Formula
	Fruit	1/2 an apple, pureed	1/2 a banana, pureed	40g mango, pureed	1/2 a pear, pureed	40g mixed fruit, pureed
	Sugar					
	Fat					
Lunch w1		<b>Macaroni cheese</b>	<b>Chicken nuggets, potato salad &amp; Sweetcorn</b>	<b>Beef/Lamb stirfry &amp; Green beans</b>	<b>Spaghetti spiders &amp; Sweetcorn</b>	<b>Pizza</b>
	Starch	1/4 cup pasta (15g raw)			2 Tbsp mashed potato	10g pizza dough
	Protein		15g sheadded chicken breast	20g chicken / beef mince	10g Chicken vienna (1/4)	5-10g grated cheese
	Vegetables	2 Tbsp. carrots, mashed	2 Tbsp butternut, mashed	2 Tbsp. peas and carrots, mashed		1 tsp Tomato sauce
	Milk/Dairy	100ml Formula	100ml Formula	100ml Formula	100ml Formula	100ml Formula
	Fat	2ml oil	2ml oil	2ml oil	1 tsp. marg	
Lunch w2		<b>Tuna Pasta &amp; peas</b>	<b>Chicken strip, potato wedges &amp; carrots</b>	<b>Briyani</b>	<b>Pasta Salad</b>	<b>Eggy bread</b>
	Starch	1/4 cup pasta (15g raw)		2 Tbsp rice, mashed	1/4 cup pasta (15g raw)	1/2 slice bread
	Protein		15g sheadded chicken breast			1/2 an egg
	Vegetables	2 Tbsp. Peas mashed	2 Tbsp Carrot mashed	2 Tbsp. mixed veg, mashed	2 Tbsp. mixed veg, mashed	2 Tbsp. fried tomato
	Milk/Dairy	100ml Formula	100ml Formula	100ml Formula	100ml Formula	100ml Formula
	Fat	2ml oil	2ml oil	2ml oil	1 tsp. marg	
Afternoon snack	Starch					
	Milk/Dairy	150ml Formula	150ml Formula	150ml Formula	150ml Formula	150ml Formula
	Fruit	20g mixed fruit, pureed	1/4 banana, mashed	1/4 apple, pureed	1/4 pear, pureed	1/4 apple, pureed
	Fat					