






# Weekly Meal Plan







## Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast Club</b>	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts
 <b>Morning Snack</b>	Fresh Fruit  Raisins  Rich Tea Biscuit	Breadsticks Raisins  Sliced Apple or Carrot Batons	Mini Cheddars  Sliced Pear  Raisins Grapes	Fresh Fruit Slices-Apples Oranges, Pears  Crackers and Cheese	Rice Cakes  Fresh Grapes Raisins Cucumber Fingers
<b>Morning Drinks</b>	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
 <b>Lunch: Main</b>	Sweet and Sour Chicken with Rice  Garden Peas	Beef Meatballs with Boiled Potatoes Gravy Fresh Carrot or Sweetcorn	Sausages with Fluffy Mashed Potatoes & Onion Gravy Fresh Fine Green Beans	Four Cheese Pizza with French Fries & Spaghetti	Breast of Chicken with Roast Potatoes, Gravy and Fresh Vegetables.
 <b>Lunch: Vegetarian</b>	Quorn Meatballs With Boiled Potatoes  Fresh Carrot or Sweetcorn	Quorn Fillet with Rice  Garden Peas	Linda McCartney Sausages with Mashed Potatoes  Fresh Fine Green Beans	Veggie Burger with Potato Wedges  Garden Vegetables or Baked Beans	Quorn Fillet with Roast Potatoes and Gravy.  Fresh Vegetables.
 <b>Lunch: Dessert</b>	Fromage Frais or Dairy Free Dessert	Ice Cream	Mixed Tinned Fruit	Choc Ice	Fruit Flavoured Rocket Lolly
<b>Lunchtime Drinks</b>	Water	Water	Water	Water	Water
 <b>Afternoon Tea</b>	Rice Cakes  Cheese Triangles Fresh Tomatoes / Fresh Fruit	Selection of Sandwiches - Ham, Chicken, Cheese, Marmite Cherry Tomatoes & Fruit	Muffins and Marmite  Fresh Orange Slices  Fruit Yogurt	Crackers with Soft Cream Cheese. Carrot Batons Sliced Pear  Fruit Yoghurt	Melba Toast with Cream Cheese or Hummus. Fresh Carrot Sticks/Sliced Pepper. Fruit Yoghurt
<b>Afternoon Drinks</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<p><i>*Fresh Salad, Fruit Yoghurts, Cheese and Biscuits and Drinks will be available on a daily basis.</i>  <i>*All dinners have Dairy Free alternatives and individual dietary needs will be catered for.</i>  <i>*Babies may have an alternative meal plans in place (see daily record)</i>                      We will endeavour to provide this menu although it could be subject to change.</p>					
<b>THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT WWW.TWIXUS.CO.UK</b>					

**Menu 1 = 24.9.18 / 29.10.18 / 26.11.18**

# Weekly Meal Plan







## Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast Club</b>	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts
 <b>Morning Snack</b>	Cheese Straws. Raisins Fresh Grapes or Apple Slices	Cracker Bread. Fresh Sliced Pear and Raisins	Breadsticks. Fresh Cucumber Fingers and Orange Slices	Mini Cheddars with Cheese Cubes. Raisins Fresh Cherry Tomatoes	Pitta Bread with Hummus. Fresh Pepper and Carrot Sticks Raisins
<b>Morning Drinks</b>	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
 <b>Lunch: Main</b>	Chicken Curry with Rice and Mini Naan Bread	Spaghetti Bolognese with Golden Vegetables or Jacket Potato	Roast Chicken with Roast Potatoes, Yorkshire Pudding, Broccoli, Cauliflower and Vegetable Gravy	Crispy Cod Fishcake Boiled Potatoes Fresh Peas and Sweetcorn or Spaghetti	Sausage, Mash and Beans
 <b>Lunch: Vegetarian</b>	Quorn Chicken Curry with Rice and Mini Naan Bread (alternative meals available on request)	Spaghetti Quorn - Mince Bolognese with Golden Vegetables or Jacket Potato	Quorn Fillet with Roast Potatoes, Yorkshire Pudding, Broccoli, Cauliflower and Vegetable Gravy	Veggie Burger with Sauté Potatoes Fresh Peas and Sweetcorn or Spaghetti	Linda McCartney Vegetarian Sausage, Mash and Beans
 <b>Lunch: Dessert</b>	Bananas	Chocolate Brownie or Ice Cream	Fresh Fruit Cocktail	Angel Cake Slice	Lemon Sponge Cake or Fresh Fruit
<b>Lunchtime Drinks</b>	Water	Water	Water	Water	Water
 <b>Afternoon Tea</b>	Toasted Bagel and Cream Cheese Cucumber Slices or Fruit Yoghurt and Raisins	Rice Cakes and Cream Cheese. Cruitéés Fresh Fruit Platter	Wholemeal Toast With Butter and Ham. Diced Apple or Fruit Yoghurt and Raisins	Selection of Sandwiches - Ham, Chicken, Cheese, Marmite Cherry Tomatoes & Fruit	Muffins and Marmite  Fresh Orange Slices  Fruit Yogurt
<b>Afternoon Drinks</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<p><i>*Fresh Salad, Fruit Yoghurts, Cheese and Biscuits and Drinks will be available on a daily basis.</i>  <i>*All dinners have Dairy Free alternatives and individual dietary needs will be catered for.</i>  <i>*Babies may have an alternative meal plans in place (see daily record)</i>                      We will endeavour to provide this menu although it could be subject to change.</p>					
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**Menu 2 = 3.9.18 / 1.10.18 / 5.11.18 / 3.12.18**







# Weekly Meal Plan

## Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast Club</b>	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts
 <b>Morning Snack</b>	Breadsticks, Crudités with Hummus. Fresh Orange Segments and Raisins	Rice Cakes with Sliced Ham. Fresh Apple Slices and Raisins	Crackers with Cheddar Cheese Cubes. Cucumber Fingers and Raisins	Cheese Straws with Sliced Fresh Peppers. Fresh Pear segments and Raisins	Melba Toast with <del>Dairy</del> le. Triangles. Fresh Lettuce, Cucumber and Cherry Tomatoes
<b>Morning Drinks</b>	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
 <b>Lunch: Main</b>	Tomato and Herb Pasta Bake with a Fresh Wholemeal Breadcrumb Topping. Fresh Broccoli and Cauliflower	Spanish Chicken with Fluffy Rice and Golden Vegetables	Crispy baked Fish Medallions, French Fries and Vegetables	Breaded Chicken Pieces, Crispy Potatoes and Baked Beans	Chicken Fillet in Creamy Mushroom Sauce with New Potatoes and Vegetables
 <b>Lunch: Vegetarian</b>	As Above (Alternative meals can be arranged)	Quorn Spanish Chicken with Fluffy Rice and Golden Vegetables	<del>Veggi</del> Fingers, French Fries and Vegetables	Quorn Breaded Chicken Pieces, Crispy Potatoes and Baked Beans	Quorn Chicken Fillet in Creamy Mushroom Sauce with New Potatoes and Vegetables
 <b>Lunch: Dessert</b>	Artic Roll	Angel Cake Slice or Fresh Fruit Slices	Fruity Fromage Fraise or Fresh Fruit Salad	Fruit Flavoured Ice Pop	Choc-ice or Fresh Mandarins
<b>Lunchtime Drinks</b>	Water	Water	Water	Water	Water
 <b>Afternoon Tea</b>	Wholemeal Toast with a Variety of Toppings. Fresh Fruit. Yoghurt	Hot Dogs in Finger Buns. Fresh Salad. Fruit Yoghurt with Fresh Fruit Segments	Pitta Bread and <del>Dairy</del> le Triangles. Fresh Lettuce, Cucumber and Tomatoes. Apple Slices, Fruit Yoghurt	Selection of Wholemeal Sandwiches - Cheese, Chicken, Ham, Marmite with Cherry Tomatoes, Fresh Strawberries	Pizza Triangles with Green Salad and Crunchy Coleslaw. Fresh Grapes. Fruit Yoghurt.
<b>Afternoon Drinks</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<p>*Fresh Salad, Fruit Yoghurts, Cheese and Biscuits and Drinks will be available on a daily basis.                      *All dinners have Dairy Free alternatives and individual dietary needs will be catered for.                      *Babies may have an alternative meal plans in place (see daily record)</p> <p>We will endeavour to provide this menu although it could be subject to change.</p> <p><b>THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT WWW.TWIXUS.CO.UK</b></p>					

# Weekly Meal Plan

## Menu 4

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast Club</b>	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts
 <b>Morning Snack</b>	Crackers with Butter. Cucumber Fingers, Raisins and Sliced Apple	Mini Cheddars with Cheddar Cheese Cubes. Fresh Cherry Tomatoes and Raisin	Cheese Straws. Fresh Grapes or Sliced Apple Raisins	Rice Cake. Fresh Slices of Apples and Oranges or Carrot Batons	Bread Sticks. Fresh Cucumber Slices, Cherry Tomatoes or Sliced Pear
<b>Morning Drinks</b>	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
 <b>Lunch: Main</b>	Beef Casserole. with New Potatoes and Fresh Vegetables	Crispy Cod Fillets. Oven Baked Potato Wedges Fresh Carrots, Garden Peas or Baked Beans	Chicken Korma. New Potatoes and Fresh Vegetables	Sausages. Fresh Fluffy Mash with Onion Gravy Fresh Fine Green Beans	Tomato and Herb Pasta Bake with a Fresh Wholemeal Breadcrumb and Vegetables
 <b>Lunch: Vegetarian</b>	Quorn Casserole with New Potatoes and Fresh Vegetables	Crispy Vegetarian Burger with Potato Wedges Fresh Carrots, garden peas or Baked Beans	Quorn Chicken Fillet. New Potatoes and Fresh Vegetables	Vegetarian Sausages. Fresh Fluffy Mash with Onion Gravy Fresh Fine Green Beans	As above
 <b>Lunch: Dessert</b>	Rocket Lolly	Fresh Fruity Fromage Fraise or Fresh Orange and Apple Slices	Fresh Banana or Fresh Peaches	Chocolate Brownie or Fresh Fruit	Ice Cream or Fresh Fruit
<b>Lunchtime Drinks</b>	Water	Water	Water	Water	Water
 <b>Afternoon Tea</b>	Crumpets and Butter Sliced Fresh Fruit or Fruit Yoghurt	Melba Toast Cream Cheese or Hummus Fresh Carrot Stick and Sliced Peppers Fruit Yoghurt	Selection of Sandwiches - Ham, Chicken, Cheese, Marmite Ginger Bread Men or Organic Biscuits. Fruit Yoghurt	Wholemeal Toast with a Variety of Toppings Fresh Sliced Pear or Fruit Yoghurt	Rice Cakes with Cream Cheese. Cucumber Fingers and Cherry Tomatoes. Fresh Yoghurt
<b>Afternoon Drinks</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<p>*Fresh Salad, Fruit Yoghurts, Cheese and Biscuits and Drinks will be available on a daily basis.                      *All dinners have Dairy Free alternatives and individual dietary needs will be catered for.                      *Babies may have an alternative meal plans in place (see daily record)</p> <p>We will endeavour to provide this menu although it could be subject to change.</p> <p><b>THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT WWW.TWIXUS.CO.UK</b></p>					

**Menu 3** = 10.9.18 / 8.10.18 / 12.11.18 / 10.12.18

**Menu 4** = 17.9.9 / 15.10.18 / 19.11.18 / 17.12.18