

WEEK DAY LUNCH AND SNACK MENU PLANNER



	SANDWICH OR MAIN	FRUIT	SNACKS	DRINKS	AFTER SCHOOL
MONDAY	Pita bread wrap with chicken and salad	Fruit salad and tub of reduced fat yoghurt	2 pikelets spread with light margarine	Water	English muffin topped with lite cream cheese and ham
TUESDAY	Multigrain sandwich with cheese, ham and salad	Tub of fruit in natural juice	Cracker and cheese slices	Reduced fat milk	Fruit toast and Milo
WEDNESDAY	Tin of tuna with crackers	Apple slinky and mandarin	Home made muffin or home made trail mix	Water	Home made English muffin pizzas
THURSDAY	Pasta salad	Vegetable stick with low fat dip	Plain popcorn and tub of reduced fat yoghurt	100% juice box	Fruit platter with crackers, cheese and cold meat
FRIDAY	Soup with wholemeal roll or coleslaw with chicken drumstick	Tub of dried fruits, apple, apricots and sultanas	Mexican salsa in a tub with home made pita crisps	Water	Fruit smoothie with toasted crumpet

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