

DVLA Menu Planner - 2014

Week 1

Day	Breakfast	Lunch	Dessert	Afternoon Tea
Monday	Porridge & Orange Juice	Cauliflower & Broccoli Macaroni Cheese Bake	Mixed Fruit	Pancakes & Bananas
Tuesday	Brioche slices with blueberries & Milk	Sausages, Swede & carrot mash with boiled potatoes & Homemade onion gravy	Apples & Pears	Cheese Slices, crackers, and cucumber batons
Wednesday	Toast & Bananas with Milk	Fish Pie	Jelly & Satsuma's	Ham Sandwiches with pepper sticks
Thursday	Weetabix with tined apricots in juice with Fruit juice	Cawl with crusty Bread	Natural Yoghurt with raspberry compote	Egg Mayonnaise rolls with sliced Baby tomatoes
Friday	Waffles & Pears with Milk	Pasta with Homemade tomato and vegetable sauce	Bananas & custard	Bagels with Garlic & Herb Soft Cheese Spread & Sliced Grapes

Week 2

Day	Breakfast	Lunch	Dessert	Afternoon Tea
Monday	Toast with raspberries & Milk	Quorn lasagne	Mandarins	Ham, tomato, & cucumber slices with Crusty Bread
Tuesday	Croissants, Apple wedges & Milk	Lamb casserole served with Mashed potato.	Raspberry Mousse	Crackers, soft cheese & Melon slices
Wednesday	Rice Crispies with Orange juice	Chicken paella	Yoghurts	Pitta Bread, pepper sticks & Dips
Thursday	Multigrain hoops & fruit juice	Salmon, peas & Sweetcorn Bake	Pear Slices	Fruit Loaf with Fromage Frais
Friday	Natural Yoghurt with Peach Compote & Milk	Pork Meatballs in tomato sauce & Spaghetti	Warm Rice Pudding	Chicken Sandwiches with Carrot Batons & Grapes

Week 3

Day	Breakfast	Lunch	Dessert	Afternoon Tea
Monday	Cornflakes with cranberry juice	Fish in parsley sauce with Broccoli, carrots & Oven cooked potato wedges	Apple Slices	Sliced French stick with Cheese spread & Pepper Sticks
Tuesday	Toast with pear slices & Milk	Carrot & Tomato Soup with crusty bread	Pineapple & Melon	Tuna mayonnaise rolls with cucumber batons
Wednesday	Multigrain hoops & Fruit juice	Spaghetti Bolognaise	Homemade banana cake	Rice cakes, cheese slices & Sliced Baby tomatoes
Thursday	Porridge & Orange juice	Roast Chicken Dinner with over roasted sweet potatoes', peas & cauliflower.	Peaches & Custard	Fruit scones and Satsuma segments
Friday	Croissants with Apple wedges & Milk	Quorn Sweet & Sour Noodles	Mixed Fruit salad	Homemade pitta pockets with cheese & tomato

Week 4

Day	Breakfast	Lunch	Dessert	Afternoon Tea
Monday	Toast with bananas and milk	Chicken Curry with Rice	Peaches & Vanilla Ice Cream	Cheese Rolls With coleslaw with pepper sticks
Tuesday	Rice Crispies & Apple Juice	Shepherd's Pie and mixed vegetables	Bananas	Rice cakes with ham slices and cucumber batons
Wednesday	Brioche slices with apples and milk	Cheesy Tuna pasta bakes with sweetcorn and peas	Apple wedges	French stick, homemade sandwich spread & grapes
Thursday	Waffles & Pear Slices with Milk	Ham, Mashed potatoes and baked beans	Melon Smiles	Turkey sandwiches with apple slices
Friday	Multigrain hoops & cranberry juice	Salmon fishcakes, boiled potatoes, peas & parsley sauce	Raspberry mousse	Fruit loaf & fromage frais