

# WHIZZ KIDZ NURSERIES

## Sample Meal Plan

\* Vegetarian options available, Special Dietary requirements catered for. Sample meal plan, subject to change, meals vary daily.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Fruit, Wholegrain Cereals, Porridge, Wholegrain toast and Spreads, Egg, Cheese, Fruit Juice, Milk	Selection of Fruit, Wholegrain Cereals, Porridge, Wholegrain toast and Spreads, Egg, Cheese, Fruit Juice, Milk	Selection of Fruit, Wholegrain Cereals, Porridge, Wholegrain toast and Spreads, Egg, Cheese, Fruit Juice, Milk	Selection of Fruit, Wholegrain Cereals, Porridge, Wholegrain toast and Spreads, Egg, Cheese, Fruit Juice, Milk	Selection of Fruit, Wholegrain Cereals, Porridge, Wholegrain toast and Spreads, Egg, Cheese, Fruit Juice, Milk
<b>Lunch</b>	Spaghetti Bolognaise - with Lean Beef Mince and Wholegrain Spaghetti, Vegetables, Fruit, Fruit Juice, Milk	“Moroccan style Lamb and Couscous” – Lean cooked Lamb, Vegetables, Fruit, Fruit Juice, Milk	“Mexican Chicken Fajitas” – Wholegrain Tortillas, Grilled Chicken, Vegetables, Fruit, Fruit Juice, Milk	“Mince and Veg” – Lean Beef Mince with Potatoes and Vegetables, Fruit, Fruit Juice, Milk	“Chilli Con Carne” – Lean Beef Mince, Wholegrain Rice, Vegetables, Fruit, Fruit Juice, Milk
<b>Dinner</b>	“Jamaican Peri Peri Chicken” – Grilled Chicken, Wholegrain Rice, Vegetables, Fruit, Fruit Juice, Milk	“Italian Spaghetti and Meatballs” – Lean Beef Mince, Wholegrain Spaghetti, Vegetables, Fruit, Fruit Juice, Milk	“Jacket Potato” – Baked Beans, Cheese, Tuna, Vegetables, Fruit, Fruit Juice, Milk	“Indian Chicken Curry” – Lean Chicken, Vegetables, Wholegrain Rice, Fruit, Fruit Juice, Milk	“Chinese Chicken Stir Fry” – Lean Chicken, Vegetables, Fruit, Fruit Juice, Milk