

# Menu Plan

	Sample	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>Diluted pure fruit juice</li> <li>Breakfast cereal</li> <li>Toast with jam</li> </ul>					
Snack	<ul style="list-style-type: none"> <li>Milk</li> <li>Banana</li> </ul>					
Lunch	<ul style="list-style-type: none"> <li>Shepherds pie with broccoli</li> <li>Fruit salad</li> <li>Water</li> </ul>					
Snack	<ul style="list-style-type: none"> <li>Milk</li> <li>Grapes</li> </ul>					
Tea	<ul style="list-style-type: none"> <li>Beans on toast with grated cheese</li> <li>Water</li> </ul>					

The above is only a sample and is dependant on the age of the children etc.