







Menu Plan

	Sample	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 Diluted pure fruit juice Breakfast cereal Toast with jam 	Monday	Tuesuay	Wednesday	inuisuay	riiday
Snack	Milk Banana					
Lunch	 Shepherds pie with broccoli Fruit salad Water 					
Snack	Milk Grapes					
Tea	Beans on toast with grated cheese Water					

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

Transforming Ireland

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