

RICKMANSWORTH

WEEKLY MEAL PLAN



woodland
WANDERERS
Montessori Forest School

Sample Menu

MON

BREAKFAST: Organic Weetabix with banana

Snack: Corn cakes with cottage cheese and sliced apple

TUE

BREAKFAST: Organic Oat Porridge with berry compot

Snack: Vegetable crudites with sour cream and chive dip

WED

BREAKFAST: Cheese and eggs wrap

Snack: Apple muffins

THU

BREAKFAST: Wholemeal toast and boiled egg / egg soldiers

Snack: Rice cakes with avocado dip

FRI

BREAKFAST: Cereal of choice with whole milk /crumpets with cream cheese

Snack: Steamed vegetables with salsa dip