

THURSDAY

Dinner

Scts/Ex/Ads
2/5/4 = 11
[3 veggie]

Soup

Hot Dogs	2 or 3 each
Rolls	
Onions	2/3
Baked Beans/Spaghetti	

Tea

Scts/Ex/Ads
2/5/4 = 11
[3 veggie]

Steak & Kidney Pudding

- Steak & kidney	4lb + 1 pkt veggie
- onions	all
Potatoes	5 Kg
Carrots	½
Cabbage	2 [use all]
Gravy	1 tub
Swiss roll [chocolate & raspberry]	2 & 2
Custard	4 pints
Drink –squash	

Supper

Scts/Ex/Ads
2/5/4 = 11
[3 veggie]

Drink - tea
coffee
drinking chocolate
milk
Cake

Make tomorrow's chips

Champions	Experts	Adults
James	Ben Ca	Dave
Martin	Thomas	Diane
John W	Matthew	John
Ben Cu		Chris W
		Phil
		Diana

THURSDAY

FRIDAY

Breakfast	Cornflakes	½ packet
Scts/Ex/Ads	Weetabix	2 each
2/5/4 = 11	Milk	4 pts
[3 veggie]	Bacon [& veggie]	2 each
	Eggs	1 each
	Bread, Marj, Jam	
Dinner	Sarnies	2 white, 1 brown
Scts/Ex/Ads	Fillings - cheese slices	13 slices
2/5/6 = 13	- ham slices	1 tubs [60] + 1 veggie
[3 veggie]	- tuna [& cucumber]	5 tins
	- jam	1 jar
	Sausage rolls	all
	Mayonnaise	1 jar [not everyone might want it]
	Crisps	13 pkts
	Fruit (apple, banana, orange)	2 each (different)
	Squash	
Tea	Fish & Chips	
Scts/Ex/Ads	- fish	13 battered
2/5/6 = 13	- chips	5 Kg, mixed herbs [see Diane]
[3 veggie]	Peas – garden	all
	- processed	All
	- frozen	1 pkt
	Corn	1 pkt [then next]
	Parsley Sauce	1 tub
	Eve's Pudding	[see Diane]
	Custard	4 pints
	Drink –squash	
Supper	Drink - tea	
Scts/Ex/Ads	coffee	
2/5/6 = 13	drinking chocolate	
[3 veggie]	milk	2 pts
	Cake	

FRIDAY

SATURDAY

Breakfast	Cornflakes	½ packet
Scts/Ex/Ads	Weetabix	2 each
2/5/6 = 13	Milk	6 pts
[3 veggie]	Sausage [& veggie]	2 each [all]
	Beans/Spaghetti	4 tins /2 tins
	Bread, Marj, Jam	
Dinner	Sarnies	2 white, 1 brown
Scts/Ex/Ads	Fillings - cheese slices	1 each
2/5/6 = 13	- ham slices	1 pkt
[3 veggie]	- tuna [& cucumber]	5 tins
	- jam	7/4
	Pork pies	Small? – 1 each; large? ½ each
	Mayonnaise	
	Crisps	1 each
	Fruit (apple, banana, orange)	2 each (different)
	Squash	
Tea	Chicken /Quorn Roast	1 each [use all] + Quorn fillets
Scts/Ex/Ads	Spuds	5 Kg Kg
2/5/6 = 13	Peas	2 pkts
[3 veggie]	Carrots	all
	Runner beans	1 pkt
	Stuffing	3 pkts
	Gravy	1 tub
	Jelly	3 pkts
	Milk Jelly	3 pkts + evaporated milk
	Drink –squash	
Supper	Drink - tea	
Scts/Ex/Ads	coffee	
2/5/6 = 13	drinking chocolate	
[3 veggie]	milk	2 pts
	Cake	

SATURDAY



SUNDAY

Breakfast	Cornflakes	½ packet
Scts/Ex/Ads 2/5/6 = 13 [3 veggie]	Weetabix	2 each
	Milk	6 pts
	Eggy bread	2 eggs each
	[or boiled eggs, scrambled eggs,	
	Bread, Marj, Jam	
Dinner	Sarnies	3 white, 1 brown
Scts/Ex/Ads 2/5/6 = 13 [3 veggie]	Fillings - cheese slices	20 slices
	- ham slices	1 tubs [30] + 1 veggie
	- tuna [& cucumber]	5 tins
	- jam	1 jar
	Mayonnaise	1 jar [not everyone might want it]
	Crisps	
	Fruit (apple, banana, orange)	2 each (different)
	Squash	

SUNDAY