

Monday:  
 Breakfast: cereal  
 Lunch: spaghetti, salad and water  
 After school: fruit and fruit salad  
 Tea: banana and milk

Tuesday:  
 Breakfast: cereal  
 Lunch: sandwich, salad and water  
 After school: fruit and fruit salad  
 Tea: banana and milk

Wednesday:  
 Breakfast: cereal  
 Lunch: sandwich, salad and water  
 After school: fruit and fruit salad  
 Tea: banana and milk

Thursday:  
 Breakfast: cereal  
 Lunch: sandwich, salad and water  
 After school: fruit and fruit salad  
 Tea: banana and milk

by James Clarke

Charles

Healthy  
Eating  
Diary

10.06.18 - 14.06.18

Monday

Breakfast  
 Cereal (choco hoops)

<u>Lunch</u> Sausage Mash Carrots Grony bread	<u>Dinner</u> Ham cob Hue Hoops yoghurt grapes Strawberries pears & chocolate
--	---

Chocolate cake and sauce

Monday 11th June

Breakfast  
Cereal

Lunch  
Sandwich

After school  
Fruit and fruit salad

Tea  
Banana and milk

# Year 5 Healthy Eating

Tuesday

Breakfast  
Fruit salad - grapes, strawberries, apple  
and banana.

<u>Lunch</u> Ham wrap yoghurt Strawberries + grapes pears & chocolate Snack at home	<u>Dinner</u> Sausage rice cheese garlic bread
--	--

Chewy bar

Food Diary

Monday 11th June

Breakfast  
Crisps + grapes and pineapple

Snack  
Crisps and oranges

Lunch  
Ham and pickle sandwich, salad, water, grapes, yoghurt

Snack  
Grapes  
Dinner  
Lunch

Home: cottage pie, biccies and lettuce

Monday 11th June

Breakfast: cereal

Lunch: school Dinner + water

Dinner: peach, biccies & orange yoghurt

Tuesday

Breakfast: cereal and orange juice

Lunch: school Dinner + water

Dinner: spaghetti & meat balls and plain yoghurt

Wednesday

Breakfast: cereal

Lunch: school Dinner + water

Dinner: Peanut butter sandwich and peach yoghurt