

Meal Planner

Children require three regular meals – breakfast, lunch and dinner – and two snacks every day.

Breakfast is the most important meal of the day, don't skip it.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast at Home	1 or 2 cereal wheat biscuits with low-fat fortified (added vitamins) milk. Add some fruit like berries, bananas or raisins for variety	A bowl of cereal oat biscuits with low-fat fortified milk. Add some fruit like berries, bananas or raisins for variety	A bowl of oat cereal with a teaspoon of nutmeg or cinnamon	A bowl of flake-type cereal with low-fat fortified milk. Add banana for variety	Try a bowl of porridge and add honey or low fat yogurt	Slice of wholemeal toast with baked beans or scrambled egg	Omelette with lots of vegetables
Breakfast on the run	Banana or a handful of raisins with a slice of toast and a low-fat yogurt drink	Banana, cereal bar and a glass of low-fat fortified milk	Breakfast milkshake: 200ml low-fat fortified milk or a low-fat yogurt blended with fruit	Apple, a handful of dry cereal and a low-fat yogurt drink	Slice of wholemeal toast thinly spread with jam or reduced-fat spread		
Snack (Little Break)	Low-fat yogurt	Orange segments	Banana	Cheese	Carrot sticks	Low-fat yogurt	Chopped apple
Lunch	2 slices of wholemeal bread with a low-fat cheese slice and tomato	Pitta bread with cooked ham, low-fat mayonnaise, lettuce and cucumber	Tortilla wrap with a slice of chicken, relish and lettuce and a sliced apple	Pasta with tuna, sweetcorn, spring onion and tomato sauce	Brown roll with mashed hard-boiled egg, lettuce, peppers and tomato	1 wholemeal bap with a lean grilled rasher, tomato and avocado	Cooked rice, lettuce, tomato, low-fat cheese or tuna
Snack	Fresh fruit	1 thin slice of fruit brack or banana bread	2 rice cakes	Packet of plain popcorn	Sugar-free jelly	Small bowl of homemade soup	Low-fat yogurt
Dinner	Shepherd's pie with sweetcorn and green beans	Lamb curry with vegetables and boiled rice	Spaghetti bolognaise	Baked fish with vegetables and pasta	Roast breast of chicken (remove the skin), carrot, parsnip and broccoli with a baked potato	Stir-fried pork with peppers, mushrooms, onions and noodles	Chicken casserole with vegetables and boiled potatoes

Tips

- 1. Eat together whenever you can.** Children copy parents, brothers, sisters and friends. When they see you eating lots of different, healthy foods, they are more likely to do the same.
- 2. Involve your child in planning and preparing meals.** They are more likely to eat foods they've helped prepare.

