

Food Journal

Thursday 16th September	Friday 17th	Saturday 18th	Sunday 19th	Monday 20th	Tuesday 21st	Wednesday 22nd
Breakfast: A bowl of Mornflake and a glass of orange juice	Breakfast: Weetabix with milk and sugar, a glass of orange juice	Breakfast: yoghurt and cereal with orange juice	Breakfast: Mornflake with yoghurt and fresh mango, orange juice	Breakfast: Weetabix with milk and sugar, orange juice	Breakfast: Weetabix with milk and sugar, orange juice	Breakfast: weetabix with milk and sugar, orange juice
Lunch: Cheese, ham and pepper grilled in flatbread. A bit of pasta with bacon and chicken, salad. Packet of crisps	Lunch: Hot lunch at school: chicken and rice with fruit salad	Lunch: flying fish and lettuce sandwich pineapple	Lunch: bagel with chicken, bacon, lettuce and philadelphia cheese	Lunch: cold chicken, lettuce and cheese sandwich	Lunch: Chicken roti	Lunch: cheese and ham sandwich
Dinner: Chicken and tofu Thai curry, green beans, peppers, white rice, and grapes for pudding	Dinner: Nachos with sweetcorn, cucumber and pepper	Dinner: Caesar salad with chicken	Dinner: Pasta with tomato sauce and bacon.	Dinner: Curry with white rice, pineapple	Dinner: the rest of the rotis from lunch, mango and mornflake	Dinner: chili with rice and mango and grapes
Other Snacks: Home-made Rock cake	Other Snacks: raisins,	Other Snacks: 1 biscuit	Other Snacks: grapes	Other Snacks: crackers and cheese	Other Snacks: a slice of malt loaf	Other Snacks: cupcake from bake sale