

P3: WEEKLY MENU

Add your daily menu here:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MORNING SNACK					
LUNCH					
AFTERNOON SNACK					

Full-day programme should ensure that children receive at least one meal and one snack per day. Programmes attended by children for more than three hours ensure that children receive at least one meal. Meals should have good nutritional value (See guide on P05: GOOD NUTRITION AND FOOD SAFETY and P06: SAMPLE MENU).