**Name:** Meal plan two

**Date** :

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| --- | --- | --- | --- | --- |
| Breakfast | \*11 portion of breakfast cereal  200mls of ss milk (for cereal)  200mls of orange juice |  |  |  |
| Mid morning | 1 piece of fresh fruit  200mls of milk |  |  |  |
| Lunch | ½ portion of main meal  ½ portion of potatoes/rice/pasta  small portion of vegetables/salad  1 full fat yoghurt  200mls of milk |  |  |  |
| Mid afternoon | 1 cake bar  200mls of any drink |  |  |  |
| Evening meal | ***sandwich of:*** 2 slices of bread + spread  1 portion of filling  1 banana - *large*  200mls of any drink |  |  |  |
| Evening snack | 200mls of milk  1 sweet biscuit |  |  |  |
| Notes | *\*1* 1 portion of breakfast cereal = 2 individual packet/3 Weetabix  \*2 Main course exchange = 1x medium/B snack  All milk semi-skimmed (ss) |  |  |  |

Leave feedback-

|  |  |  |  |
| --- | --- | --- | --- |
| What went well | What was difficult | How was it managed | Any other comments |
|  |  |  |  |