

Food Daily Plan

www.sportyscholars.com Tel: 07511194319

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am-9am	Cereal, Toast, or Yoghurt	Cereal, Toast, or Yoghurt	Cereal, Toast, or Yoghurt	Cereal, Toast, or Yoghurt	Cereal, Toast, or Yoghurt
	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
Morning Snack	Fruit Cup or Yoghurt	Fruit Cup or Yoghurt	Fruit Cup or Yoghurt	Fruit Cup or Yoghurt	Fruit Cup or Yoghurt
	Juice / Water	Juice / Water	Juice / Water	Juice / Water	Juice / Water
Lunch	Wrap or Sandwhich in a bun	Wrap or Sandwhich in a bun	Wrap or Sandwhich in a bun	Wrap or Sandwhich in a bun	Wrap or Sandwhich in a bun
2nd Course	Fruit / Veg Cup, Biscuit	Fruit / Veg Cup, Biscuit	Fruit / Veg Cup, Biscuit	Fruit / Veg Cup, Biscuit	Fruit / Veg Cup, Biscuit
	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
Afternoon	Raisins, Fruit Cup	Cheese Stick, Popcorn	Raisins, Fruit Cup	Cheese Stick, Popcorn	Raisins, Fruit Cup
	Water	Water	Water	Water	Water
Hot Tea	Pasta with Sauce	Warm Cheese Wrap and veg fillings	Pizza	Rice Stir Fry Veg & Sauce	Pasta or Jacket Potato with Toppings
Dessert	Muffin or Biscuits	Popcorn and Raisins	Muffin or Biscuits	Flap Jack or Cheese Stick	Muffin or Popcorn
	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water



SPORTY SCHOLARS

