

Cup of Toast - Meal Planner

<i>Breakfast Options</i>	Porridge with blackberry compote	Scrambled eggs on toast	Granola with a sliced banana	Bagel with peanut butter	Fruit salad with porridge oats, soaked overnight	Two weetabix	Toast with blackberry jam and an apple
<i>Main meals</i>	Sausage, beans and chips	Chicken curry with rice	Fish and chips	Cheese wrap with salad	Falafel salad	Pasta Bolognese	Pea risotto
<i>More main meals</i>	Mince stir fry with giant cous cous	Beans on toast	Macaroni cheese, served with steamed vegetables	Vegetable crumble	Stir fry with noodles	Burger in a bun with salad	Homemade pizza
<i>Puddings</i>	Chocolate chip cookie	Yoghurt	Small cake	Apple strudel	Berry crumble	Baked banana	Stewed apple
<i>Snacks</i>	Rice cakes	Piece of fruit	Pineapple slices	Small yoghurt	Two breadsticks	Piece of toast	Crumpet
<i>Drinks</i>	Water	Squash	Milk	Watered down fruit juice	Milkshake	Hot chocolate	Elderflower cordial