**Menu Planning Tool (full menu)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Time of day** | **Fruit and vegetables** | **Carbohydrate** | **Protein** | **Milk and dairy** |
| **Monday** | Breakfast |  |  |  |  |
| Morning snack |  |  |  |  |
| Lunch |  |  |  |  |
| Afternoon snack |  |  |  |  |
| Tea |  |  |  |  |
| **Tuesday** | Breakfast |  |  |  |  |
| Morning snack |  |  |  |  |
| Lunch |  |  |  |  |
| Afternoon snack |  |  |  |  |
| Tea |  |  |  |  |

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| --- | --- | --- | --- | --- | --- |
|  | **Time of day** | **Fruit and vegetables** | **Carbohydrate** | **Protein** | **Milk and dairy** |
| **Wednesday** | Breakfast |  |  |  |  |
| Morning snack |  |  |  |  |
| Lunch |  |  |  |  |
| Afternoon snack |  |  |  |  |
| Tea |  |  |  |  |
| **Thursday** | Breakfast |  |  |  |  |
| Morning snack |  |  |  |  |
| Lunch |  |  |  |  |
| Afternoon snack |  |  |  |  |
| Tea |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Time of day** | **Fruit and vegetables** | **Carbohydrate** | **Protein** | **Milk and dairy** |
| **Friday** | Breakfast |  |  |  |  |
| Morning snack |  |  |  |  |
| Lunch |  |  |  |  |
| Afternoon snack |  |  |  |  |
| Tea |  |  |  |  |