

Day 1

Food item	Carbo- hydrates, bread, rice, pasta, potatoes	Fruit & vegetables	Protein, meat, fish, eggs, beans	Milk & dairy	Fats & oils	High fat/ high sugar
Total number of portions:						
Allowance per age:						

Day 2

Food item	Carbo- hydrates, bread, rice, pasta, potatoes	Fruit & vegetables	Protein, meat, fish, eggs, beans	Milk & dairy	Fats & oils	High fat/ high sugar
Total number of portions:						
Allowance per age:						

Day 3

Food item	Carbo- hydrates, bread, rice, pasta, potatoes	Fruit & vegetables	Protein, meat, fish, eggs, beans	Milk & dairy	Fats & oils	High fat/ high sugar
Total number of portions:						
Allowance per age:						

Day 4

Food item	Carbo- hydrates, bread, rice, pasta, potatoes	Fruit & vegetables	Protein, meat, fish, eggs, beans	Milk & dairy	Fats & oils	High fat/ high sugar
Total number of portions:						
Allowance per age:						

Day 5

Food item	Carbo- hydrates, bread, rice, pasta, potatoes	Fruit & vegetables	Protein, meat, fish, eggs, beans	Milk & dairy	Fats & oils	High fat/ high sugar
Total number of portions:						
Allowance per age:						

Day 6

Food item	Carbo- hydrates, bread, rice, pasta, potatoes	Fruit & vegetables	Protein, meat, fish, eggs, beans	Milk & dairy	Fats & oils	High fat/ high sugar
Total number of portions:						
Allowance per age:						

Day 7

Food item	Carbo- hydrates, bread, rice, pasta, potatoes	Fruit & vegetables	Protein, meat, fish, eggs, beans	Milk & dairy	Fats & oils	High fat/ high sugar
Total number of portions:						
Allowance per age:						