



# JING JING SAMPLE MENUS

## Mid-Morning

## Mid-Day

## Afternoon

MON

Crackers with  
Cream Cheese/  
Marmite  
Water

Prawn &  
Vegetable Chow  
Mein  
Oranges

Fresh Fruit salad  
Milk & Water

TUES

Fruit yoghurt  
Water

Vegetable Curry  
Boiled Rice  
Grapes

Raisin Bread  
Water & milk

WED

Selection of raw  
Vegetable  
Milk & Water

Chicken Sausage  
mixed vegetables  
mash potato  
Oranges

Cheese cubes &  
sultanas  
Water

THURS

Cereal and milk  
Water

Fishfingers  
Sweet corn baby  
carrots Boiled Rice  
Banana

Dried fruit  
selection  
Milk & Water

FRI

Corn on the Cob  
Milk & Water

Tuna & pasta bake  
Apples

Sandwiches  
(Honey or Cream  
cheese)  
Water



# JING JING SAMPLE MENUS

## Mid-Morning

## Mid-Day

## Afternoon

MON

Sandwiches  
(Honey or Cream  
cheese)  
Milk & Water

Special fried rice  
Apples

Yoghurt  
Milk & Water

TUES

Vegetable Sticks  
Milk & Water

Baked beans  
brown bread  
Grated cheese  
Banana

Crackers with  
Cream Cheese/  
Marmite  
Water

WED

Raisin Bread  
Water

Bow Pasta  
Bolognaise  
peas  
Grapes

Fresh Fruits  
Milk & Water

THURS

Cheese cubes &  
sultanas  
Water

Egg Omelette  
Cherry Tomatoes,  
Cucumber batons  
Oranges

Corn on the cob  
Milk & Water

FRI

Fresh Fruit salad  
Milk & Water

Vegetable soup  
Garlic bread  
Grapes

Cereal & milk  
Water