

Menu

Week 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of fortified, low sugar cereals with dairy or plant-based milk brown toast or porridge				
MID-MORNING SNACK	Platter of Mixed Fruit	Home-Made Tortilla Chips with Tomato Salsa Dip	Platter of Mixed Fruit	Houmous with Breadsticks and Cucumbers	Platter of Mixed Fruit
LUNCH	Spaghetti Bolognaise	Baked Potato with cheese and beans	Fish Pie with Vegetables	Five Bean Chilli and Rice	Chicken with Vegetables and Couscous in a Homemade Tomato Sauce
VEGETARIAN	Quorn Mince Bolognaise and Spaghetti	Baked Potato with cheese and beans	Quorn Pie with potatoes and steamed vegetables	Five Bean Chilli and Rice	Quorn with Vegetables and Couscous in a Homemade Tomato Sauce
DESSERT	Greek Yoghurt & Fresh Fruit	Greek Yoghurt & Fresh Fruit	Greek Yoghurt & Fresh Fruit	Greek Yoghurt & Fresh Fruit	Greek Yoghurt & Fresh Fruit
	Afternoon snacks will include an offering of either crackers, breadsticks, rice cakes and oat cakes				
TEA	Carrot, coriander and red lentil soup topped with crème fraiche and served with toasted pitta	Tuna niçoise pasta salad served with vegetable crudité	Pitta pockets with egg salad, cherry tomatoes, salad leaves and cheese, and fresh fruit	Chicken wholemeal wraps with salsa and crème fraiche	Brown bread sandwiches, cucumber, ham and cheese, and fruit salad.
VEGETARIAN		Tofu, rainbow vegetable pasta salad		Wholemeal wraps with quorn, homemade tomato salsa and crème fraiche	
All meals are served with a selection of seasonal vegetables and water, dairy or plant-based milk					
At all meals and snacks alternatives are provided for any dietary or cultural requirements					