

Menu

Week 2

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	Home-Made Tortilla Chips with Tomato Salsa Dip	Platter of Mixed Fruit	Peppers and Cucumber Sticks	Rice Cakes with Platter of Mixed Fruit	Platter of Mixed Fruit
LUNCH	Vegetable & Lentil Pasta Bake in a homemade tomato sauce	Roast Chicken with potatoes and vegetables	Fish Cakes with peas, sweetcorn and carrots	Vegetable and Lentil Risotto	Cottage Pie with Cheese on top
VEGETARIAN	Vegetable & Lentil Pasta in a homemade tomato sauce	Quorn with potatoes and vegetables	Mixed Bean Cakes with peas, sweetcorn and carrots	Vegetable and Lentil Risotto	Lentil Cottage Pie with Cheese on top
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	Chicken and salad wholemeal wrap	Brown bread sandwiches, egg and salad, and fruit salad.	Leek and butterbean soup served with brown bread	Cheesy scones with vegetable crudité and hummus	Brown pitta ham and veggie pizza
VEGETARIAN	Quorn, red pepper houmous and salad wholemeal wrap				
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					