

Menu

Week 3

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	Breadsticks and Cucumber Sticks	Platter of Mixed Fruit	Home-Made Tortilla Chips with Tomato Salsa Dip	Rice Cakes with Platter of Mixed Fruit
LUNCH	Beef and Bean Crumble with New Potatoes	Tuna Pasta Bake with Steamed Vegetables	Chicken and Mushroom Stroganoff with Rice	Roast Chicken with Potatoes and Vegetables	Macaroni Cheese and White Bean Sauce with Butternut Squash
VEGETARIAN	Bean and Veg Crumble with New Potatoes	Cheese and Bean Pasta Bake with Steamed Vegetables	Mushroom and Lentil Stroganoff with Rice	Quorn with potatoes and vegetables	Macaroni Cheese and White Bean Sauce with Butternut Squash
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. Milk or plant-based milk to drink				
TEA	Salmon fingers with vegetable crudité	Homemade guacamole and chicken wrap served with cheese	Minestrone soup	Wholegrain pasta salad with cheese and pesto	Green bean frittata with new potatoes and cheese
VEGETARIAN	Tofu fingers with vegetable crudite	Homemade guacamole wrap served with cheese		Wholegrain pasta salad with cheese and pesto	Green bean frittata with new potatoes and cheese
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					