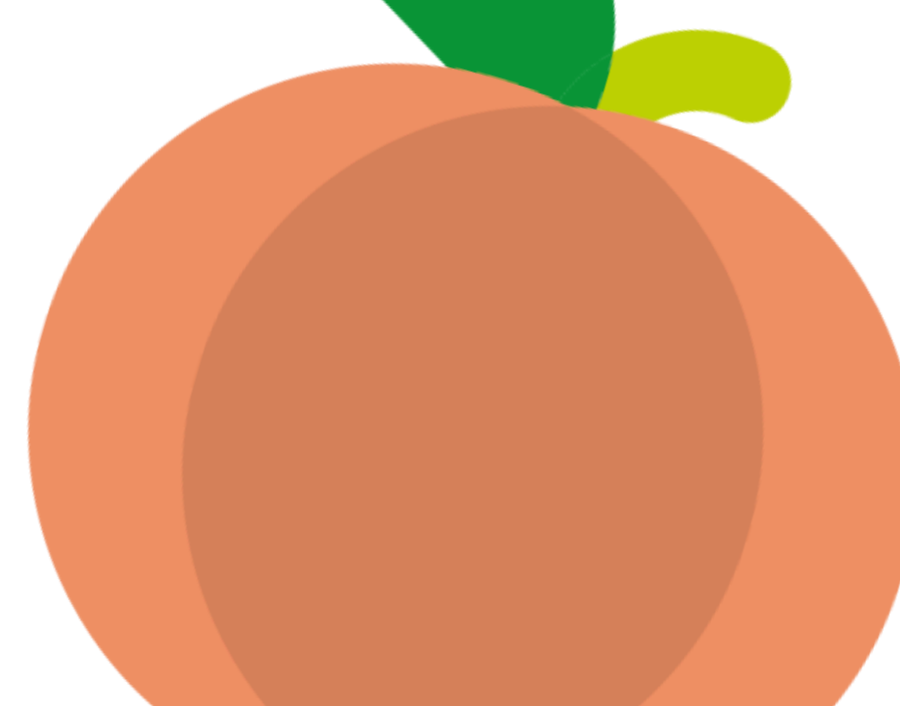


Menu Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola
AM Snack	Oranges	Apples	Pears	Watermelon	Bananas
Lunch	Chana Masala with cous cous (V) Same as above	Spanish fish with mixed vegetables, and smashed potatoes (V) Cow girl millie's Sweet potato chilli with a side of mixed vegetables	Fruity lamb Moroccan stew with homemade wholemeal rolls (V) red pepper & sweet potato tagine with homemade wholemeal rolls	Roast chicken, roast potatoes and mixed vegetables (V) Veggie roast, roast potatoes and mixed vegetables	Italian bean stew with a side of quinoa (V) Same as above
2 nd Course	Braised apples with raisins	Cucumbers and houmous	Poached peaches	Fresh Fruit salad	Pear Crumble
PM Snack	Bread sticks and sliced peppers	Melon Medley with Oatcakes	Rice cakes, soft cheese and cucumber	Wholemeal Pitta bread and carrots	Wholemeal Pitta bread and carrots
Tea	Wholemeal pasta with red pepper and squash sauce and a side of garden peas	Butternut + barley risotto with a side of falafels	Corn mac n cheese with a side of spinach	Bbq bean chilli with tortilla chips	Loaded sweet potato wedges
2 nd Course	Banana Yoghurt	Crackers with soft cheese and cucumbers	Pineapples	Orange segments	Carrot sticks and Tzatziki

Menu Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola
AM Snack	Pears	Banana	Oranges	Watermelon	Apples
Lunch	Lamb moussaka with Greek salad (V) Coconut and squash laska with Greek salad	Lamb moussaka with Greek salad (V) Coconut and squash laska with Greek salad	Creamy parsnip + Cannellini bake with wholemeal bread rolls and butter (V) Same as above	Salmon and Pineapple thai curry with noodles (V) Veggie pineapple curry with noodles	Corn Mac and cheese with a side of peas and sweetcorn (V) Same as above
2 nd Course	Berry yoghurt	Baked coconut + apricot rice pudding	Rice cakes, soft cheese and cucumber	Apple Crumble	Poached Peaches
PM Snack	Oat cakes, cucumbers and cream cheese	Crackers, cucumber and grated cheese	Melon Medley with rice cakes	Hummus + bread sticks	Wholemeal pitta bread, carrots and tzatziki
Tea	Butternut + apricot couscous (V) Same as above	Italian Beef Pasta with a side of vegetable crudities (V) gf pasta with red pepper and squash sauce with a side of vegetable crudities	Homemade baked beans and jacket potato (V) Same as above	Toni's tomato pasta With a side of peas (V) Same as above	BBQ bean chilli with tortilla chips (V) Same as above
2 nd Course	Cheese wedges	Pineapples	Braised apples	Vegetable Crudities	Orange segments

Menu Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola	Scrambled or boiled eggs, Weetabix, fruit salad, overnight oats with chopped fruit topping + homemade Granola
AM Snack	Banana	Apples	Watermelon	Pears	Oranges
Lunch	Caribbean style chicken + pineapple with noodles (V) Sweet potato shepherd's pie with a side of green beans	Mushroom Stroganoff pasta with garlic bread and peas (V) Same as above	Roast chicken, roast potatoes and mixed vegetables (V) Veggie roast, roast potatoes and mixed vegetables	Paneer & pea curry with wholemeal rice (V) Same as above	Sweet potato and red pepper tagine with cous cous (V) Same as above
2 nd Course	auntie rosie's apple strudel	Peach crumble	Poached peaches	Crackers, cucumber and butter	Braised apples with raisins
PM Snack	Wholemeal pitta bread, carrots and hummus	Oat cakes, cucumbers and cream cheese	Melon Medley with rice cakes	Breadsticks, cucumber and grated cheese	Wholemeal bread, carrots and tzatziki
Tea	Veggie bolognese pasta with a side of peas (V) Same as above	Chicken & pepper fajitas filler with whole meal tortilla wraps (V) sweet potato and pepper fajitas fillers	Spanish Fish with a side of wholemeal quinoa (V) Squash + chickpea curry with a side of naan bread	Toni's tomato pasta with vegetable crudities and houmous (V) Same as above	BBQ bean chilli with tortilla chips (V) Same as above
2 nd Course	Orange segments	Pineapples	Rice cakes and soft cheese	Banana yoghurt	Fruit Salad