

Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, porridge, or weetabix with a variety milks or water A selection of fresh berries, stewed apples, bananas and cinnamon C/G, M				
Snack	Carrot, cucumber and pitta sticks W, S	Selection of Melon	Breadsticks, pineapple and cottage cheese M, S	Grapes and blueberries	Pitta bread, cream cheese and tomatoes W, M, S
Lunch	Vegetable tortellini in tomato sauce ... with chickpea salad	Chicken and mushroom pie (Mushroom Pie) ... with sweet potato mash and broccoli W	Cod Fish fingers/veggie fingers ... with baby potatoes and peas F	Beef or bean chilli con carni Rice and salad W	Salmon and broccoli pasta bake topped with cheese ... with mixed salad F, M, W
Dessert	Bananas and Coconut Vanilla custard	Make your own seasonal fruit skewers	Fromage frais with banana puree M	Trio of melon	Stewed apple and crème freche M
Snack	Pita, hummous and pepper W, S	Pear or apple	Orange and gapes	Oat cakes with banana W	Blueberries and grapes
Hot Tea	Fresh basil and tomato everyday crispy chicken/Quorn ... Sweet tomaotes, rice and black eye beans W	Stuffed peppers with cous cous, lentils and vegetables in tomato sauce W	Mixed vegetable and pulses risotto ... Mixed salad W	Classic tomato lentil spaghetti ... Tomato and green salad	Mixed vegetable and lentil soup ... with wholemeal pita W, S
Dessert	Natural yoghurt and berry puree M	Carrot cake W	Trio of melon	Raspberry puree & natural yogurt M	Seasonal fruit platter

- A variety of Milks and water offered during all snack times
- Cakes have 40g of fresh fruit/15g of dried fruit and made with no sugar
- If necessary, a vegetarian protien is always offered instead of the meat/fish option