



BREAKFAST	Choice of cereals & wholemeal toast				
MID MORNING SNACK	Selection of rice cakes, crackers, bread sticks, variety of vegetable sticks/fruit				
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 LUNCH	Thai Chicken Curry with White Rice Plain Greek Yoghurt & Fresh Fruit	Mega Mac & Cheese with hidden Kale & Spinach Seasonal Fruit Salad	Salmon & Pea Risotto Plain Greek Yoghurt with Raspberry Puree	Veggie Sausages with Sweet Potato Mash and Green Beans Banana Bread	Peri-Peri Chicken and Spicy Rice Seasonal Fruit Salad
AFTERNOON TEA All dishes are accompanied by either fresh vegetable or fruit	Bean & Tomato Gnocchi Bake	Sweet Potato Beany Quesadillas	Couscous & Chickpea Salad	Assorted Sandwiches	Cheesy Muffins with Sundried Tomatoes & Basil
Week 2 LUNCH	Turkey Meatballs with Spaghetti Plain Greek Yoghurt & Fresh Fruit	BBQ Chicken with New Potatoes and Roast Vegetables Plain Greek Yoghurt with Mango Puree	Fish in Tomato & Pepper sauce with Couscous & Green Beans Seasonal Fruit Salad	Vegetable Lasagne Seasonal Fruit Salad	Beef & Spinach Curry with Brown Rice & Naan Bread Creamy Apricot Dessert
AFTERNOON TEA All dishes are accompanied by either fresh vegetable or fruit	Assorted Sandwiches	Tomato & Basil Pasta Salad	Hummus Crunch Pitta Pocket	Beef & Mint Koftas with Dipping Tomato Sauce	Assorted Wraps
Week 3 LUNCH	Pasta Primavera Banana Bread	Beef & Mushroom Stroganoff with White Rice Plain Greek Yoghurt with Raspberry Puree	Chickpea & Butternut Squash Curry with Wholegrain Rice Plain Greek Yoghurt & Fresh Fruit	Chicken & Vegetable Pie with Roast Potatoes and Spring Vegetables Seasonal Fruit Salad	Fish Cakes with Sweetcorn, Peas & Parsley Sauce Fresh Fruit salad
AFTERNOON TEA All dishes are accompanied by either fresh vegetable or fruit	Assorted Sandwiches	Sweet Potato Beany Quesadillas	Tomato & Basil Pasta Salad	Tuna & Sweetcorn Pitta Pockets	Cheesy Muffins with Sundried Tomatoes & Basil