



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Selection of cereals, wholemeal toast, overnight oats and fruit - G, M, SY

Morning snack

Healthy morning snack of seasonal fruit or vegetable bites, rice cakes, etc.

Lunch

Creamy mushroom and bean pasta with seasonal vegetables
G, M

Caribbean chicken with couscous and crunchy coleslaw
SU, M, G

Aubergine, cannellini bean and tomato curry with rice and sliced cucumber

Pasta bolognaise with a green salad
CE, G

White fish and lentil Ratatouille, couscous and green salad
F, CE, G

Dessert

Lemon and raspberry yoghurt fool
M

Mango and pineapple sorbet

Easy berry fruit cheesecake
G, M

Fresh fruit salad

Banana bread and butter pudding
G, M, E, SY

Afternoon snack

Healthy afternoon snack of seasonal fruit or vegetable bites, rice cakes, etc.

Tea

Toasted cheese muffins with cherry tomatoes and hummus
M, G

(Make your own) sandwiches
G, SY + choice of filling

Chicken and vegetable pasta salad
G

Homemade hummus, oatcakes, grapes and celery sticks
G, CE

Thai style egg noodles with spiced chicken
G, E



Monday

Tuesday

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Thursday

Friday

Breakfast

Selection of cereals, wholemeal toast, overnight oats and fruit - G, M, SY**

Morning snack

Healthy morning snack of seasonal fruit or veg bites, rice cakes, etc.

Lunch

Creamy mushroom and bean pasta served with garlic bread G, M

Caribbean spiced Tofu with couscous and crunchy coleslaw SU, G, SY

Aubergine, cannellini bean and tomato curry with rice and sliced cucumber

Mixed vegetable and lentil bolognaise with a green salad CE, G

Lentil Ratatouille served with couscous and green salad CE, G and seasonal salad CE, G

Dessert

Lemon and raspberry yoghurt fool M **

Mango and pineapple sorbet

Easy berry fruit cheesecake G, M **

Fresh fruit salad

Banana bread and butter pudding G, M, E, SY **

Afternoon snack

Healthy afternoon snack of seasonal fruit or veg bites, rice cakes, etc.

Tea

Toasted cheese muffins, cherry tomatoes and hummus M, G

(Make your own) sandwiches G, SY + choice of filling

Bean and vegetable pasta salad GG

Homemade hummus, oatcakes, grapes and celery sticks G, CE

Thai style egg noodles/vermicelli served with spiced mixed beans G, E