



MONDAY

BREAKFAST

Porridge or Weetabix
-
Toast

LUNCH

Brazilian Beans
& Potato Wedges
-
Fresh Fruit

TEA

Squash Dal
& Brown Rice
-
Yoghurt

TUESDAY

BREAKFAST

Overnight Oats
-
Bagels

LUNCH

Spring Pea Pasta
With Chicken
-
Fresh Fruit

TEA

Mild Veggie Curry
& Brown Rice
-
Blueberry Muffins

WEDNESDAY

BREAKFAST

Porridge or Weetabix
-
Toast

LUNCH

Beef Bolognese &
Pasta
-
Fresh Fruit

TEA

Moroccan Veggie
Tagine & Couscous
-
Yoghurt

THURSDAY

BREAKFAST

Overnight Oats
-
Crumpets

LUNCH

Classic Shepherd's
Pie & Peas
-
Fresh Fruit

TEA

Coconut, Sweet Potato
& Tofu Curry With
Brown Rice
-
Carrot Cake

FRIDAY

BREAKFAST

Porridge or Weetabix
-
Toast

LUNCH

Salmon & Broccoli
Fishcakes With Steamed
Veg & Yoghurt Dip
-
Fruit Smoothie

TEA

Butternut Squash &
Spinach Macaroni
Cheese
-
Yoghurt



MONDAY

BREAKFAST

Porridge or Weetabix

-

Toast

LUNCH

Paneer Tikka
& Rice

-

Fresh Fruit

TEA

Lentil Bolognese with
Pasta & Cheese

-

Yoghurt

TUESDAY

BREAKFAST

Overnight Oats

-

Bagels

LUNCH

Chicken Korma
& Brown Rice

-

Fresh Fruit

TEA

Veggie Shepherds
Pie & Peas

-

Banana Bread

WEDNESDAY

BREAKFAST

Porridge or Weetabix

-

Toast

LUNCH

Chilli Con Carne
& Couscous

-

Fresh Fruit

TEA

Creamy Squash &
Bean Ragu With Pasta

-

Yoghurt

THURSDAY

BREAKFAST

Overnight Oats

-

Crumpets

LUNCH

Turkey & Aubergine
Ragu With Pasta

-

Fresh Fruit

TEA

Tuscan Bean Stew &
Potato Wedges

-

Cheesy Red Pepper
Muffin

FRIDAY

BREAKFAST

Porridge or Weetabix

-

Toast

LUNCH

Classic Fish Pie
& Carrots

-

Fruit Smoothie

TEA

5 Veggie Pasta
& Cheese

-

Yoghurt