



Date: 22nd - 26th November

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Seeded coconut porridge with blackberries and vanilla yoghurt	Toasted crumpets, cinnamon cream cheese and fruit compote	Leek and wild mushroom omelette and wholegrain toast	Creamy overnight oats with apples and sultanas	Scrambled egg, Mexican beans with roasted cherry tomatoes and corn tortilla
Snack 1	Apple slices with oatcakes and sliced cheese	Herby watercress and cream cheese dip with cucumber sticks and toast	Jerusalem artichoke and feta dip with tomato slices and breadsticks	Beetroot hummus with pita bread strips and rainbow vegetable crudités	Cranberry and raspberry yogurt with orange slices and rice cakes
Lunch	Sweet potato and butter bean chilli with coriander and lime rice and avocado cream	Lentil cottage pie with Mediterranean vegetables and chicken	Leek, potato and cauliflower mornay with cod	Vegetable and lentil moussaka with roasted new potatoes with rosemary and garlic	Vegetable teriyaki stir fry with rice noodles and salmon
Pudding	Baked pineapple with crème fraîche	Kiwi slices	Seeded apple and date flapjack bars	Date and coconut energy balls	Cherry compote with banana slices
Snack 2	Watermelon and strawberries	Cinnamon baked apple and Greek yogurt	Mango and coconut yoghurt with raspberries	Blueberry yoghurt with sliced plum	Apple, pear and blueberry fruit salad
Dinner	Tomato and spinach penne pasta bake with mozzarella and mixed bean salad	Pumpkin, apple and sage soup with quinoa bread	Saag paneer and roasted chickpeas with vegetable rice	Mexican bean burgers with vegetable chips and sweetcorn salsa	Roasted sweet potato, chickpea and tomato curry with turmeric rice and raita dip
Pudding	Fruit	Fruit and yoghurt	Fruit	Fruit	Fruit