



Date: 10th - 14th January

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Spiced coconut porridge with cranberry and orange compote and Greek yogurt	Boiled eggs with baked garlic and mozzarella mushrooms and corn tortillas	Toasted wholemeal bloomer with spinach pesto, cheese and baked tomatoes	Apple and cinnamon seeded bircher with baked plums	Winter berry medley with cream cheese and wholegrain toast
Snack 1	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter
Lunch	Herb crusted salmon with spaghetti in tomato, crème fraîche and spinach sauce	Courgette, spinach and feta borek with mixed bean Greek salad and homemade ketchup	Winter vegetable and butterbean stew with lemon and garlic rice and warm tortillas	Roasted chicken with baked new potatoes, steamed broccoli and rainbow carrots	Baked cod with pear and potato rosti and roasted cherry tomatoes
Pudding	Oaty banana and sultana slice	Caramelised pears with Greek yoghurt	Date, apple and coconut energy balls	Apple slices with cream cheese and rice cakes	Blood orange with coconut and raspberry yogurt
Snack 2	Pesto hummus with oatcakes	Raita dip with breadsticks and cherry tomatoes	Spinach, spring onion and cream cheese dip with cucumber sticks and oatcakes	Roasted carrot hummus with bread sticks	Vegetable crudités, cheddar slices and rice cakes
Dinner	Black bean and red pepper quesadilla and avocado sour cream	Thai green vegetable curry with chicken	Curried parsnip and lentil soup with crusty bread	Salmon kedgeree with sautéed spinach	Lentil and vegetable bolognese with herby lemon potato wedges
Pudding	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt