

Menu

16/05/2022	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Seeded coconut porridge with pear and cherry compote. Allergen: oats.	Apple and cinnamon overnight oats with vanilla yoghurt. Allergen: milk and oats.	Toasted crumpets with cinnamon cream cheese and summer fruit salad. Allergen: milk and wheat.	Toasted red pesto and mozzarella muffins. Allergen: milk and wheat	Spring onion, cheddar and chive omelette with roasted vegetables and wholemeal toast. Allergen: egg, milk and wheat.
Snack 1	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter
Lunch	Herby mediterranean vegetables with lemon and feta quinoa and baked salmon. Allergen: milk and fish.	Green pepper casserole with beans and rice. Allergen: milk.	Cod and parsley gratin with crushed new potatoes and spring greens. Allergen: fish and milk.	Creamy courgette and spring onion pasta with chicken. Allergen: gluten and milk.	Aloo gobi with spiced chickpeas
Pudding	Sauteed pears with cinnamon	Oaty apple and date squares. Allergen: oats and sulphur dioxide.	Apple slices and cheddar cheese. Allergen: milk.	Baked plums with orange	Strawberry yoghurt with kiwi slices. Allergen: milk.
Snack 2	Tzatziki with tomato slices and breadsticks. Allergen: milk, may contain sesame and soya.	Sweetcorn and red pepper salsa with rice cakes. Allergen: may contain milk, sesame and soya.	Artichoke and white bean dip with breadsticks. Allergen: may contain milk, sesame and soya.	Baby spinach dip with cucumber and oatcakes. Allergen: may contain nuts and milk.	Sundried tomato, butter bean pate on rice cakes. Allergen: may contain milk, sesame and soya.
Dinner	Spring onion mac and cheese with tomato garlic beans and chicken. Allergen: milk and wheat.	Baked feta and cherry tomatoes with roasted haricot beans and bread. Allergen: milk and gluten.	Beetroot falafel with vegetable couscous and mint yoghurt dip. Allergen: wheat.	Portuguese baked cod with paprika roasted potatoes. Allergen: fish.	Leek, pea and watercress soup with warm pita bread. Allergen: milk and wheat.
Pudding	Fruit and yoghurt. Allergen: milk.	Fruit and yoghurt. Allergen: milk.	Fruit and yoghurt. Allergen: milk.	Fruit and yoghurt. Allergen: milk.	Fruit and yoghurt. Allergen: milk.

Food allergies and intolerances

Please speak to our team about the ingredients in the meals provided.