

Menu

w/c 20/06	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Seeded coconut porridge with pear and cherry compote	Boiled eggs with cheesy roasted tomatoes and beans and warmed tortilla wraps	Mango yoghurt topped with fresh strawberries and homemade fruity granola	Homemade waffles with fresh strawberries and crème fraîche	Tomato and oregano bread strips with mozzarella
Snack 1	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter
Lunch	Crispy chicken, roast potatoes with sauteed greens and baby carrots	Tabbouleh with roasted red pepper hummus and warm pita strips	Gluten free penne arrabiata with chicken and a garden salad	Curried vegetables and basmati rice with baked cod and green chutney	Roasted vegetable and butterbean pie
Pudding	Seeded coconut and date energy balls	Traffic light fruit salad	Watermelon and strawberry	Banana and cinnamon yoghurt with breadsticks	Summer fruit compote
Snack 2	Spicy sweet potato and butterbean dip with breadsticks	Strawberry cream cheese and tortilla bread	Rocket pesto with cucumber batons and breadsticks	Pea, mint and dill dip with oatcakes	Lemon and coriander hummus with rice cakes
Dinner	Asparagus, pea, bean and coconut soup with bread	Creamy pea, broad bean and spinach risotto with cod	Mixed bean and lentil burritos with lemon and coriander rice and sour cream and chive dip	Jacket potato with tomato beans and cheese and salad	Salmon pasta salad with a basil, sundried tomato and crème fraîche dressing
Pudding	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt

Food allergies and intolerances

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