

Menu

w/c 08/08	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Creamy vanilla porridge with blueberry and raspberry compote and Greek yoghurt	Homemade waffles with coconut yoghurt and mango coulis	Shakshuka with warm pita and cream cheese	Spinach and spring onion breakfast hash with fresh mozzarella and baked tomatoes	Banana date loaf with cinnamon yoghurt
Snack 1	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Jamaican jerk roast vegetables with rice and peas and roasted chicken	Mexican bean sausage roll with zesty salsa and chopped cucumber salad	Moroccan spiced vegetables and lemon quinoa with baked salmon	Falafel burgers with sweet potato wedges and lime and coriander dip	Aubergine katsu curry with coconut rice and baked cod
Pudding	Peach and coconut chia pudding with fresh berries	Orange and apricot energy bars	Kiwi and pineapple fruit salad	Fresh strawberries with vanilla cream	Cherry and pear compote with coconut yoghurt
Snack 2	A glass of whole milk with roasted cauliflower dip and rice cakes	A glass of whole milk with raita dip and oatcakes	A glass of whole milk with spinach hummus and breadsticks	A glass of whole milk with red pepper and cherry tomato dip and rice cakes	A glass of whole milk with mango salsa and breadsticks
Dinner	Mushroom and lentil pita pizza	Haddock and dill fishcakes with tartare sauce and crushed minted peas	Gluten free penne al forno with red lentils, tomatoes, fresh basil and mozzarella	Spinach pesto pasta with roasted mediterranean vegetables and lemon and garlic chicken	Roasted fennel and white bean tomato soup with crusty bread
Pudding	Fresh fruit	Greek yoghurt and fresh fruit	Fresh fruit	Greek yoghurt and fresh fruit	Greek yoghurt and fresh fruit

Food allergies and intolerances

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