

# Menu

w/c 26/09	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Creamy cinnamon porridge with apple and pear compote and Greek yoghurt	Kale and sweet potato frittata with cheese and wholegrain toast	Seeded overnight oats with sautéed plums and raspberries	Cheesy pesto crumpets with baked tomatoes	Homemade waffles with pear and cherry compote and vanilla crème fraîche
<b>Snack 1</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Lunch</b>	Tomato and spinach dhal with coconut rice	Mediterranean roast vegetable penne pasta with baked salmon	Lentil and root vegetable stew with herby dumplings	Creamy courgette and tomato casserole with lemon and garlic rice and roast chicken	Garlic and lemon roasted winter vegetables with chicken
<b>Pudding</b>	Blueberry coconut yoghurt with sliced plum	Pear and raspberry crumble with crème chantilly	Mixed berry medley	Cinnamon oranges with coconut yoghurt	Berry compote with banana slices
<b>Snack 2</b>	A glass of whole milk with lemon and coriander hummus and rice cakes	A glass of whole milk with salsa and breadsticks	A glass of whole milk with oatcakes and roasted red pepper dip	A glass of whole milk with rice cakes and beetroot hummus	A glass of whole milk with breadsticks and raita dip
<b>Dinner</b>	Mexican bean soup with warm tortillas and sour cream	Black bean tortilla pie	Leek, potato and parsley mornay with cod	Vegetable and lentil moussaka with roasted new potatoes with rosemary and garlic	Haddock and leek gratin with sauteed greens
<b>Pudding</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit and Greek yoghurt

## Food allergies and intolerances

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