

Menu

w/c 21/11	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Creamy cinnamon porridge with apple and pear compote and Greek yoghurt	Boiled eggs with wholegrain toast and tomato and mozzarella with fresh basil	Homemade waffles blueberry compote and vanilla crème fraîche	Toasted bagel with winter berry compote and cinnamon cream cheese	Apple and date loaf with Greek yoghurt
Snack 1	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Tomato and spinach dhal with coconut rice	Butterbean and winter vegetable stew with baked potatoes	Parmentier potatoes, steamed broccoli and haddock in a parsley sauce	Spaghetti pomodoro with chicken milanese	Chickpea and apricot tagine with herby quinoa with chicken
Pudding	Blueberry coconut yogurt with sliced plum	Apple and date seeded flapjack bar	Baked plums orange and cinnamon	Seeded orange energy balls	Tropical fruit platter
Snack 2	A glass of whole milk with lemon and coriander hummus and rice cakes	A glass of whole milk with baba ganoush and breadsticks	A glass of whole milk with spinach hummus and rice cakes	A glass of whole milk with oatcakes with tomato butter bean dip	A glass of whole milk with breadsticks and French onion dip
Dinner	Mexican bean soup with warm tortillas and sour cream	Salmon and dill macaroni cheese with garlic French beans	Curried parsnip and lentil soup with crusty bread	Cauliflower, paneer and pea curry with coconut rice	Cod tacos with mango and lime slaw and zesty salsa
Pudding	Fresh fruit	Fresh fruit	Fresh fruit and Greek yoghurt	Fresh fruit	Fresh fruit

Food allergies and intolerances

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