

Menu

w/c 5/12	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Creamy vanilla porridge with apple and blackberry yoghurt	Scrambled egg and whole grain toast with creamy spinach and garlic mushrooms	Raspberry bircher with chia seeds	Kale bubble and squeak with cheese and cherry tomatoes	Toasted crumpet with raspberry and cranberry sauce and vanilla crème fraîche
Snack 1	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Sweet potato and butter bean chilli with coriander and lime rice	Lemon chickpea couscous with harissa roast salmon	Butterbean colcannon with cod	Spiced vegetable biryani with roast chicken	Roasted vegetable and butter bean pie
Pudding	Cherry compote with banana slices	Homemade fruity granola with pear and coconut yoghurt	Rice pudding with raspberry and strawberry compote	Plum, kiwi and blueberry fruit salad	Bananas with blackberry coulis
Snack 2	A glass of whole milk with spicy white bean dip and rice cakes	A glass of whole milk with oatcakes and pea and mint dip	A glass of whole milk with rice cakes with pesto yoghurt dip	A glass of whole milk with breadsticks and purple carrot hummus	A glass of whole milk with oatcakes and tzatziki dip
Dinner	Mushroom and lentil bolognese with whole wheat spaghetti	Pumpkin, apple and sage soup with french bread	Garam masala vegetables with basmati rice and chicken	Lentil and mixed bean chilli with garlic and herb couscous	Creamy haddock and peas risotto with spinach, tomato and parmesan salad
Pudding	Fresh fruit and Greek yoghurt	Fresh fruit and Greek yoghurt	Fresh fruit and Greek yoghurt	Fresh fruit and Greek yoghurt	Fresh fruit

Food allergies and intolerances

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