

Menu

w/c 25/09	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Spiced porridge and blueberry chia jam with Greek yoghurt	Pesto cream cheese, roasted red peppers and wholegrain toast	Egg, tomato and cheddar English muffins	Coconut and cardamom overnight oats with orange zest yoghurt	Gingerbread sweet potato loaf served with crème fraîche
Snack 1	Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available	Fresh fruit available
Lunch	Kale and white bean casserole with jacket potatoes	Root vegetable and pearl barley with dumplings	Cod and tarragon fish cakes with tartar sauce and cucumber salad	Sweet and sour vegetable udon noodles with salmon	Penne arrabiata with oregano chicken
Pudding	Apples and clementines	Pear and blackberry compote with coconut yoghurt	Cherry and orange energy bars	Banana and kiwi fruit salad	Apple and pear crumble with vanilla cream
Snack 2	A glass of whole milk, rice cakes and red pepper hummus	A glass of whole milk, breadsticks and tomato salsa	A glass of whole milk, oatcakes and cream cheese and chive dip	A glass of whole milk, rice cakes with cajun butter bean dip	A glass of whole milk, breadsticks and tzatziki dip
Dinner	Mattar paneer curry with coriander rice	Mushroom and cranberry stuffing rolls with parmentier potatoes	Green pesto spaghetti with lemon and thyme chicken	Root vegetable soup with crusty baguette	Curried cauliflower and coriander rice with haddock
Pudding	Fresh fruit	Fresh fruit and Greek yoghurt	Fresh fruit and Greek yoghurt	Fresh fruit and Greek yoghurt	Fresh fruit and Greek yoghurt

Food allergies and intolerances

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