

BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pitta sticks & humus	Banana bread	"Boost It" Brownie	Pizza pin wheels	Homemade sausage roll
Week 2	Cheese croissant	Lemon drizzle cake	Pitta sticks & humus	"Boost It" Carrot cake	"Boost It" Chewy triple chocolate cookie
Week 3	Cheese & vegetable cookies	"Boost It" Mixed seed and cherry flapjack	Pesto pinwheel	Toasted buttered crumpet	Shortbread
Every day	Whole & cut fruit / crudities	Whole & cut fruit / crudities	Whole & cut fruit / crudities	Whole & cut fruit / crudities	Whole & cut fruit / crudities

LUNCH

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crudités	Cut vegetables Sticks				
Classic	“MODERN ITALIAN” Beef bolognaise	“PIZZA BAR” Margarita pizza	“CURRY MILE” Chicken curry Naan	“ROAST DAY” Roast loin of pork Yorkshire pudding Gravy	“FISH FRIDAY” Fish fingers
Vegetarian	Quorn Mince and bean Bolognaise		Sweet potato paneer & spinach dhal and rice	Tomato and rocket risotto with shaved parmesan	Fishless fingers
Sides	Penne Pasta Green beans Grated cheese Garlic bread	Wedges Peas Baked beans	50/50 rice Turmeric cauliflower	Skin on roast potatoes Broccoli & carrot	Baked beans Peas Chips
Dessert	Syrup sponge & cream	Strawberry yoghurt	Apple Crumble and Custard	Jelly	Chocolate pots & Plant based chocolate pots
Fruit					

LUNCH

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crudités	Cut vegetables Sticks				
Classic	"BANGERS N MASH" Selection of butcher's Sausages Gravy	"MODERN ITALIAN" lasagne	"TEX-MEX" Chilli con carne Nachos Grated cheese	"STREET FOOD" Pulled bbq pork Pretzel roll	TASTE TOURIST DAY Your choice for lunch this week travel the globe
Nourish	Quorn sausages	Gnocchi with kale pesto & toasted seeds	Quorn Mince & vegetable Chilli	Bbq Vegan fillet	
Sides	Sugar snaps Mashed potatoes	Broccoli Garlic & herb bread	50/50 rice Sweetcorn	Skin on Wedges baked beans	
Dessert	Jam & coconut sponge With custard	Strawberry Yoghurt	Fruit crumble with custard	Rice Pudding	Jelly
Fruit					

LUNCH

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crudités	Cut raw vegetables				
Classic	"PASTA DAY" 50 /50 Penne pasta Tomato & basil sauce	"FAJITA TUESDAY" Chicken strips Flour Tortilla	"PAN ASIAN" Sweet and sour sauce Chicken with noodles	"ROAST DAY" Roast gammon Yorkshire pudding Gravy	"FISH FRIDAY" Fish fingers
Nourish		Quorn vegetable Fajitas	Stir fried vegetables with sweet and sour sauce	Broccoli and tomato quiche	Fishless fingers
Sides	Grated cheese Garlic bread Broccoli	Mexican rice Sweetcorn	Sugar snap peas Prawn crackers	Skin on roast potatoes Broccoli Carrots	Baked beans Peas Chips
Dessert	Apple oaty crumble & custard	Strawberry yoghurt	Chocolate sponge & chocolate custard	Carrot cake cinnamon rolls	Jelly
Fruit	s				