

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 bolognase	STREET FOOD” Beefburger Burger bun	“CURRY MILE” Chicken curry Naan	“ROAST DAY” Roast loin of pork Yorkshire pudding Gravy	“FISH FRIDAY” Fish fingers
Vegetarian	Quorn Mince and bean Bolognase	Meat free Burger	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	Peas Baked beans Waffle fries	50/50 rice Sweetcorn	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

Meatballs and tomato sauce

“BANGERS N MASH”
Selection of butcher's Sausages Gravy

“TEX-MEX”
Chilli con carne
Nachos
Grated cheese

“STREET FOOD”
Pulled bbq pork
Pretzel roll

Nourish

Gnocchi with kale pesto & toasted seeds

Quorn sausage

Quorn Mince & vegetable Chilli

Bbq Vegan fillet

Sides

Penne pasta
Broccoli
Carrot
Garlic & herb bread

Sugar snap
Baked beans
Mashed potato

50/50 rice
Sweetcorn

Skin on Wedges
baked beans
Mixed vegetables

Fruit

TASTE TOURIST DAY

Your choice for lunch this week travel the globe

Dessert

Jam & coconut sponge
With custard

Strawberry Yoghurt

Fruit crumble with custard

Rice Pudding

Jelly

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	Vegetable spring rolls	Broccoli and tomato quiche	Fishless fingers
Sides	Grated cheese Garlic bread Broccoli	Sauté Potatoes 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	