

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 | 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 Bolognaise | 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 |
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| 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 | TASTE TOURIST DAY Your choice for lunch this week travel the globe |
| Nourish | Gnocchi with kale pesto & toasted seeds | Quorn sausage | Quorn Mince & vegetable Chilli | Bbq Vegan fillet | |
| Sides | Penne pasta Broccoli Carrott Garlic & herb bread | Sugar snap Baked beans Mashed potato | 50/50 rice Sweetcorn | Skin on Wedges baked beans Mixed vegetables | |
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| 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 | 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 |
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| Dessert | Apple oaty crumble & custard | Strawberry yoghurt | Chocolate sponge & chocolate custard | Carrot cake cinnamon rolls | Jelly |
| Fruit | s | | | | |