

Week Three

Monday

Breakfast: Porridge with Pear puree/

Lunch: Veggie Sausage, tomato pasta bake/ Apricot crumble and Cream

Tea: Potato wedges with houmous dip/ Fruit slices



Tuesday

Break fast: Cornflakes and banana

Lunch: Chicken and mushroom bake with sliced potatoes and broccoli (Vegetarian option is Lentil and mushroom bake) /Fruit salad

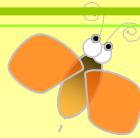
Tea: Tuna and sweetcorn pizza
Apple Muffins

Wednesday

Breakfast: Weetabix and strawberries

Lunch: Fish pie with sweetcorn (Vegetarian option cauliflower cheese with mash potato)/

Chocolate orange cake Tea: Veggie fingers with cucumber and cherry tomatoes/ Apricot and yoghurt



Thursday

Breakfast: Rice Krispies

Lunch: Lamb tagine with couscous (Vegetarian option is Vegetable tagine) /Strawberry cheese cake

Tea: Beans on toast/ fruit smoothie

Friday

Breakfast: Bagels with cream cheese

Lunch: Roast turkey with potatoes, carrots, peas and cauliflower (Vegetarian option is Quorn turkey) /Jelly with ice cream

Tea: Cheese and spinach muffins/ Apple and banana slices



(allergen and dietary alternatives provided at all times)

Water/ milk served all day