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| --- | --- | --- | --- | --- | --- |
| **WEEK ONE** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)**  **Egg soldiers**  **(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)**  **Buttermilk pancakes**  **(M, E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)**  **Coconut, blue berry & chia seeds porridge** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)**  **Roast veggie hash**  **(E, M)** |
| **Morning Snack** | **Apple & pear** | **Mango & pear** | **Papaya & banana** | **Banana & clementine** | **Pear & melon** |
| **Lunch** | **Chicken enchiladas served with Mexican sweetcorn bake**  **(C, G)** | **Battered fish & baked sweet potato served with tartar sauce**  **(G, F)** | **Sweet potato, chickpea & spinach coconut curry served with brown rice** | **Tagliatelle beef ragu**  **(G, E)** | **Grilled BBQ chicken jollof rice & green pepper & avocado salsa**  **(SO)** |
| **Dessert** | **Pumpkin pudding muffins**  **(M, E)** | **Mixed fruit salad** | **Pineapple upside down cake**  **(M, E, G)** | **Mixed fruit salad** | **Mango sorbet** |
| **Afternoon Snack** | **Watermelon & mango** | **Greek carrot & parsley breadsticks**  **(G)** | **Apple & grape** | **Organic rice cakes & raisins** | **Pineapple & apple** |
| **Tea** | **Winter vegetable gnocchi bake**  **(G)** | **Tomato & Parma ham tart**  **(G, M)** | **Cheese stuffed potato cakes served with tomato salsa**  **(M, G)** | **Spiced carrot & coconut**  **Soup with homemade bread**  **(G)** | **Sweet potato and chorizo pizza**  **(G, M)** |

**Allergens listed**

Celery (c) EGGS (E) MILK (M) NUTS\* (N) SOYA (SO)

GLUTEN (G) FISH (F) MOLLUSCS (MO) PEANUTS\* (P) SULPHITES (SU)

CRUSTACIANS (CR) LUPIN (L) MUSTARD (MU) SEASAME\* (S)

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| **WEEK TWO** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Baked cheddar eggs & potatoes**  **(M, E)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Vegetable breakfast tart**  **(G, M, E)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Egg soldiers**  **(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Buttermilk, smoked salmon & spinach frittata**  **(F, M, E)** |
| **Morning Snack** | **Pear & plum** | **Apple & clementine** | **Papaya & melon** | **Pear & watermelon** | **Apple & blueberries** |
| **Lunch** | **Lamb kebab served with khichdi & yoghurt** | **Spiced mixed zucchini bake served with pilaf rice**  **(G, M)** | **Cherry tomato & salmon risotto served with green beans**  **(F)** | **Gochujang beef stew served with brown rice and roasted cauliflower**  **(SO)** | **Chicken schnitzel, roasted potatoes & jaeger sauce**  **(G, E, M)** |
| **Dessert** | **Red velvet cupcakes**  **(M, E, G)** | **Mixed fruit salad** | **Marble sponge cake**  **(G, M, E)** | **Mixed fruit salad** | **Strawberry cheesecake**  **(M, G)** |
| **Afternoon Snack** | **Pineapple & mango** | **Baked tortilla chips**  **(G)** | **Banana & clementine** | **Wholegrain crackers & dried cranberries**  **(G)** | **Grape & apple** |
| **Tea** | **Thai veggie burgers**  **(SO, G)** | **Feta & spinach calzone**  **(M, G, E)** | **Beetroot & carrot soup served with homemade bread**  **(C, G)** | **Pastrami focaccia club**  **(G)** | **Pulled pork brioche buns**  **(G, E)** |

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| --- | --- | --- | --- | --- | --- |
| **WEEK THREE** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Ham & cheese croissants**  **(M, E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Coconut pancakes**  **(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Shakshuka**  **(E)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Egg soldiers**  **(E, G)** |
| **Morning Snack** | **Apple and grape** | **Banana & clementine** | **Pear & papaya** | **Pineapple & apple** | **Mango & melon** |
| **Lunch** | **Spanish style lamb shank served with cheese mash potato and peas**  **(M)** | **Chicken basquaise served with spiced bulgur**  **(C, G)** | **Pasta puttanesca**  **(G)** | **Peri peri grilled salmon served with broccoli & baked baby potatoes**  **(F)** | **Beef rendang served with turmeric rice**  **(C)** |
| **Dessert** | **Shortbread**  **(G, M)** | **Mixed fruit salad** | **Chocolate chip ice cream**  **(M, E)** | **Mixed fruit salad** | **Banana, blueberry & coconut sponge cake**  **(G, E)** |
| **Afternoon Snack** | **Organic rice cakes & mixed dried fruit** | **Homemade rosemary breadsticks**  **(G)** | **Watermelon & mango** | **Crudites & raisins** | **Watermelon & banana** |
| **Tea** | **Butternut squashed baked pasta**  **(G, C, M)** | **Greek quesadillas**  **(G, M)** | **Samosa inspired jacket potato** | **BBQ chicken & sweetcorn pizza**  **(G, M)** | **Black bean soup served with homemade bread**  **(G)** |

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| **WEEK FOUR** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Egg soldiers**  **(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Banana-berry smoothie** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **French toast**  **(E, M, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Cheese dang bing**  **(E, G, M, SO)** |
| **Morning Snack** | **Melon & pear** | **Apple & mango** | **Pineapple & pear** | **Clementine & watermelon** | **Papaya & apple** |
| **Lunch** | **Estofado de pollo served with saffron rice**  **(C)** | **Enchilada orzo bake served with guacamole**  **(G, M)** | **Capers & dill crusted cod, patatas bravas & kale**  **(F, G)** | **Pollo cacciatore served on a bed of pasta**  **(G)** | **Short rib beef adobo served with basmati rice**  **(SO)** |
| **Dessert** | **Apple & mixed berry crumble served with custard**  **(M, G, E)** | **Mixed fruit salad** | **Blue berry ice cream**  **(M)** | **Mixed fruit salad** | **Double chocolate chip bread pudding**  **(M, G, E)** |
| **Afternoon Snack** | **Crackers & mixed dried fruit**  **(G)** | **Baked tortilla chips**  **(G)** | **Banana & apple** | **Mixed vegetables crudites & raisins** | **pear & grape** |
| **Tea** | **Greek style lamb burgers**  **(M, G)** | **Smoked haddock fish cakes served with sour cream**  **(F, G)** | **Feta & sweetcorn fritters**  **(M, G)** | **Thai coconut & butternut squash soup served with homemade bread**  **(G)** | **Zucchi pasta bake**  **(G, M)** |

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