











# Sample Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		We serve a range of breakfast options every day including cereals, porridge and wholemeal toast with butter.				
Lunch	Main	Cauliflower and chickpea curry with rice 	Beef lasagne	Turkish chicken shish kebabs served with bulgur wheat	Fish pie served with seasonal vegetables	Braised lamb mince served with crispy baby potatoes and seasonal vegetables
	Main Veg		Lentil lasagne 	Tempeh 	Cheese, broccoli and edamame bean pie 	Vegan mince 
	Starter or Dessert	Naan bread with dip	Fresh fruit	Apple and raspberry crumble served with custard	Melon medley	Cranberry oat bars
		Lunch and Teas are served with seasonal vegetables or a side salad. Second servings are available.				
Snacks		Our chefs provide a selection of snacks, which include: a selection of fruits, rice cakes, breadsticks or oatcakes.				
Tea		Jacket potatoes with chefs choice of filling 	Toasted pizza bagels served with salad 	Tomato and basil minestrone soup 	Vegetable kedgeree 	Penne pasta with arrabbiata sauce and kale 
Weaning		Our chefs will provide a weaning meal according to the weaning lists provided by parents/guardians from foods we have on our menu: puree/mash with lumps/finger food.				
Drinks		Milk and water available throughout the day.				