

# BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Still water Milk				
HOT ITEMS	No added sugar porridge	Scrambled egg with soldiers	Baked beans on toast	Scrambled egg on toast	No added sugar porridge
CEREAL STATION	Cereal selection with milk				
TOAST STATION	Wholemeal toast with a selection of toppings				
FRUIT	Natural yogurt with freshly cut & dried fruit toppings	Natural yogurt with freshly cut & dried fruit toppings	Natural yogurt with freshly cut & dried fruit toppings	Natural yogurt with freshly cut & dried fruit toppings	Natural yogurt with freshly cut & dried fruit toppings

# LUNCH

16.03.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	Traditional minced beef bolognaise	Shredded chicken breast with a katsu curry sauce	Chinese pork strips with peppers	Shredded roast chicken with a fresh gravy	Fresh sausage meat patty with fresh herbs
<b>MEAT FREE</b>	Wholemeal pasta cheese	Veggie bean fritter	Chickpea & sweet potato parcel	Homemade vegetarian sausage patty	Baked falafel
<b>ON THE SIDE</b>	Wholemeal pasta Carrot batons & green beans	Steamed white & brown rice Peas & cauliflower	Steamed potatoes Green beans & broccoli	Mini roast potatoes Carrot batons & cabbage	Wholegrain tomato pasta British peas & sweetcorn
<b>DESSERT</b> <small>(All cakes and desserts are reduced sugar)</small>	Apple oat crumble with vanilla custard	Cocoa sponge	Wholemeal scone with cream	Lemon mini muffin	Wibble no sugar fruit jelly
<b>EVERY DAY</b>	Natural yogurt & freshly cut fruit	Natural yogurt & freshly cut fruit	Natural yogurt & freshly cut fruit	Natural yogurt & freshly cut fruit	Natural yogurt & freshly cut fruit
<b>MORNING BREAK</b>	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit
<b>AFTERNOON BREAK</b>	Crudités with cheese & crackers	Crudités with cheese & crackers	Crudités with hummus	Crudités with cheese & crackers	Crudités with cheese & crackers

# LUNCH

23.03.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	Shredded chicken with cucumber sticks and a hoi sin dipping sauce	Minced beef chilli con carne with haricot beans	Roast pork strips with fresh gravy	Shredded chicken with a BBQ sauce	Homemade minced pork & herb burger
<b>MEAT FREE</b>	Chinese mushrooms with noodles	Roasted vegetable with chickpeas	Aubergine & haricot bean bake	Green pesto tortellini	Mixed bean burrito
<b>ON THE SIDE</b>	Egg noodles Baton carrots & green beans	Steamed brown & white rice Sweetcorn & peas	Mini roast potatoes Broccoli & cauliflower	Crushed mini potatoes Baton carrots & peas	Boiled potatoes Broccoli & sweetcorn
<b>DESSERT</b> <small>(All cakes and desserts are reduced sugar)</small>	Dairy free cocoa brownie square	Wibble no sugar fruit jelly	Oat biscuit	Chocolate cake	Vanilla mini cupcake
<b>EVERY DAY</b>	Natural yogurt & freshly cut fruit	Natural yogurt & freshly cut fruit	Natural yogurt & freshly cut fruit	Natural yogurt & freshly cut fruit	Natural yogurt & freshly cut fruit
<b>MORNING BREAK</b>	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit
<b>AFTERNOON BREAK</b>	Crudités with cheese & crackers	Crudités with cheese & crackers	Crudités with cheese scones	Crudités with cheese & crackers	Crudités with cheese & crackers

# SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Baked jacket potato with cheddar cheese & coleslaw	Wholemeal pasta with tomato sauce and grated cheese	Wholemeal pitta bread pizza slice	Wholemeal pasta with a nut free pesto	Spaghetti hoops on wholemeal toast with grated cheese
SALAD BAR	Cucumber, tomato & a selection of seasonal salads	Cucumber, tomato & a selection of seasonal salads	Cucumber, tomato & a selection of seasonal salads	Cucumber, tomato & a selection of seasonal salads	Cucumber, tomato & a selection of seasonal salads
LIGHT DESSERT	Natural yogurt with freshly cut fruit	Natural yogurt with freshly cut fruit	Natural yogurt with freshly cut fruit	Natural yogurt with freshly cut fruit	Natural yogurt with freshly cut fruit
HYDRATION	Still water	Still water	Still water	Still water	Still water