

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Still water Milk	Still water Milk	Still water Milk	Still water Milk	Still water Milk
HOT ITEMS	No added sugar porridge	Scrambled egg with wholemeal soldiers	Spaghetti hoops on wholemeal toast	Scrambled egg on wholemeal toast	No added sugar porridge
CEREAL STATION	Cereal selection with milk	Cereal selection with milk	Cereal selection with milk	Cereal selection with milk	Cereal selection with milk
TOAST STATION	Wholemeal toast with a selection of toppings	Wholemeal toast with a selection of toppings	Wholemeal toast with a selection of toppings	Wholemeal toast with a selection of toppings	Wholemeal toast with a selection of toppings
EVERYDAY	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

w/c 31.08.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS				Roast loin of pork strips with a fresh gravy	Oven baked breaded MSC fish bites
TO NOURISH, NURTURE AND SUSTAIN				Veggie Shepherd's pie	Spiced red lentil burger
SIDES				Skin on mini roast potatoes Carrot batons & savoy cabbage	Crushed boiled potatoes British peas & sweetcorn
DESSERT (All our cakes & desserts are reduced sugar)				Wibble sugar free fruit jelly	Dairy free carrot muffins
EVERYDAY	We offer daily a selection of yogurt & fresh fruit.				
MORNING BREAK				Freshly cut fruit	Freshly cut fruit
AFTERNOON BREAK				Crudities with cheese & cream crackers	Crudities with cheese & cream crackers

LUNCH

w/c 07.09.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Shredded chicken, red pepper & blended chick pea curry	Sliced pork loin strips in a hoi sin sauce	Shredded chicken & peppers	Fresh sausage meat patty with fresh herbs	Shredded chicken fillet
TO NOURISH, NURTURE AND SUSTAIN	Lentil dhal	Sweet potato & coconut stew	Root vegetable & pearl barley hot pot	Mature cheddar & chive omelette roll up	Spinach & potato pasty
SIDES	Steamed 50/50 rice Broccoli florets & cauliflower	Egg noodles Broccoli & ribbon carrots	Whole wheat pasta Steamed greens & sweetcorn	Skin on mini roast potatoes Carrot batons & spring greens	Crushed boiled potatoes British peas & sweetcorn
DESSERT (All our cakes & desserts are sugar free)	Cornflake flapjack	Pear & chocolate sponge with vanilla custard	Wibble sugar free fruit jelly	Baked biscuit selection	Dairy free blueberry slice
EVERYDAY	We offer daily a selection of yogurt & fresh fruit.				
MORNING BREAK	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit
AFTERNOON BREAK	Crudities with cheese & cream crackers	Crudities with cheese & cream crackers	Crudities with cheese scones	Crudities with cheese & cream crackers	Crudities with cheese & cream crackers

LUNCH

w/c 14.09.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Meat Free Monday Wholemeal cheesy pasta bake	Shredded Teriyaki chicken with peppers	Minced beef bolognaise	Roast shredded chicken fillets with a fresh gravy	Smoky bbq pulled pork shoulder
	Red onion tortilla quiche	Mini vegetable pancake rolls	Aubergine & bulgur wheat bake with cherry tomatoes	Paneer & roasted vegetable moussaka	Chick pea falafel
SIDES	Broccoli florets & British peas	Egg noodles Broccoli & ribbon carrots	Wholegrain pasta Sweetcorn & green beans	Skin on roast potatoes Baton carrots & spring greens	Crushed steamed potatoes British peas & sweetcorn
DESSERT	Oaty apple crumble with vanilla custard	Strawberry oat slice	Wibble no sugar fruit jelly	Lemon drizzle	Dairy free chocolate muffin
EVERYDAY	We offer daily a selection of yogurt & fresh fruit.				
MORNING BREAK	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit	Freshly cut fruit
AFTERNOON BREAK	Crudities with cheese & cream crackers	Crudities with cheese & cream crackers	Crudities with cheese scones	Crudities with cheese & cream crackers	Crudities with cheese & cream crackers

LITTLE TEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Baked jacket potato with cheddar cheese & coleslaw	Wholemeal pasta with tomato sauce & grated cheese	Wholemeal pitta bread with sliced chicken	Wholegrain pizza bagel	Spaghetti hoops on wholemeal toast
DAILY SIDES	Cucumber, tomato & a selection of salad items	Cucumber, tomato & a selection of salad items	Cucumber, tomato & a selection of salad items	Cucumber, tomato & a selection of salad items	Cucumber, tomato & a selection of salad items
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