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

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Soil Association

LUNCH

WC 2nd November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Beef chilli con carne with haricot beans	Roast pork loin strips with fresh gravy	Chinese shredded chicken with red peppers	Firework Night Sausage patties & mash with crispy red onion gravy	Breaded MSC fish bites
	Stuffed red peppers	Germany Taste tourists Portobello mushroom schnitzel with a mushroom cream	Mexican vegetable & bean burrito	Veggie bites	Gnocchi in a roasted tomato & basil sauce
SIDES	Steamed 50/50 rice Olden sweetcorn & cauliflower florets	Mini roast potatoes Steamed baton carrots & cabbage	Chinese egg noodles Broccoli florets & carrot strips	Buttery mash Baton carrots & broccoli	Crushed potatoes British peas & golden sweetcorn
DESSERT (All our cakes & desserts are reduced sugar)	Wholemeal shortbread fingers	Apple strudel with vanilla custard	Wibble sugar free vegan jelly with fruit	Apple honey muffins	Dairy friendly chocolate brownie
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

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LUNCH

WC 9th November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Shredded chicken, red pepper & blended chickpea curry	Italian beef bolognaise	Roast shredded chicken breast & a fresh gravy	Hoi sin Chinese pork strips with peppers & onions	Butchers beef burger
TO NOURISH, NURTURE AND SUSTAIN	Chickpea & mushroom mild chilli	Wholemeal pizza bagel	Roasted vegetable lasagne	Spanish taste tourists Spanish meat free paella	Baked sweet potato falafel
SIDES	Steamed 50/50 rice Broccoli florets & sweetcorn	Wholemeal pasta British peas & cauliflower	Mini skin on roast potatoes Roast parsnips, cabbage & baton carrots	Egg noodles Sweetcorn & shredded cabbage	Crushed potatoes British peas & baked beans
DESSERT (All our cakes & desserts are sugar free)	Honey fruit oat slice	Pear & chocolate sponge with vanilla custard	Vanilla rice pudding with dried fruit toppings	Wibble sugar free vegan jelly with fruit	Sultana & oat cookies
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

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LUNCH

WC 16th November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Sweet & sour shredded chicken with pineapple	Taste tourist Sweden Pork meatballs in a traditional gravy	Minced beef & vegetable pie	Roast gammon loin strips	Freshly breaded chicken mini bites
TO NOURISH, NURTURE AND SUSTAIN	Mild vegetable & chickpeas curry	Courgette & fresh herb savoury scone with chutney	Green lentil cottage pie	Roasted pepper & bean quesadilla	Veggie sausage roll
SIDES	Steamed 50/50 rice Broccoli florets & sweetcorn	Mashed potatoes Cauliflower & British peas	Mini roast skin on potatoes Carrots & greens	Potato wedges Sweetcorn & fine green beans	Crushed new potatoes British peas & broccoli florets
DESSERT	Cocoa cake with chocolate sauce	Taste tourist Sweden Smulpay" & vanilla custard (Swedish berry oat crumble)	Banana bread	Dairy friendly cocoa oat slice	Wibble sugar free vegan jelly with fruit
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

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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

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