

EXAMPLE MENU

A = ALLERGENS WILL ALWAYS BE REPLACED WITH A SUITABLE ALTERNATIVE INGREDIENT IN LINE WITH FOOD STANDARDS GUIDELINES

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge and red summer compote	Porridge and red summer compote	Porridge and red summer compote	Porridge and red summer compote	Porridge and red summer compote
Mid Morning Snack	Melon and Apricot	Cream Cheese with Crackers	Cherry Tomato and Cucumbers	Strawberries and Bananas	Cheese and Cucumber
Lunch	Open polenta beef sliced with pepper pitted black olives and cherry tomato (V) Open polenta sliced quorn with pitted olives and cherry	(V)Masala Frittata with Avocado Salsa and Pittas (A) Dairy Free Frittata Cherry Tomatoe, Sweet potatoes with avocado salsa and pitta	Queso Chicken Bake with sweet corn, black beans tomato green peppers served with Basmati Rice (V) Butternut Squash stuffed with Cheese, rice, beans	Roast Cod, Creamy Spinach and New Potatoes (A) Broccoli and Squash Baked, creamy spinach and New Potatoes	Chicken Stir Fry with rice noodles and beansprouts (A) Aubergines and Dhal, with rice noodles and bean sprouts
Mid Afternoon Snack	Yogurt and Fruit	Apples and bananas	Yogurt and Fruit	Oranges and bananas	Yogurt and Fruit
Dinner	Lemon Angel Hair with Cheese Broccoli and Peas (V) (A) Gluten Free pasta with vegan cheese Broccoli and Peas	Haddock Croquetas with orzo, sweet corn and green beans (A) Artichokes Hearts, Orzo sweetcorn and green beans	Meatballs boats with Cheese with sweet potato chips (A) Tuna Boats with vegan Cheese and sweet potato chips	Chicken/Quorn Penna Pasta Salad with Sun Dried Tomato, Black olives, red pepper with parmesan cheese/vegan cheese	Haloumi Veggie burger / burrito with Hummus, lettuce and tomatoe