



AUTUMN - WINTER MEAL PLAN

WEEK 1

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

Snack

Fruits

Hummus, and Crudite
Ingredients:
Chickpeas, garlic, lemon, olive oil, cumin.

Yogurt and Fruits

Fruits

Crudite and Cream cheese

Lunch

Tabbouleh Mezze salad and chicken.
Parsley, cracked wheat, tomato, mint, spring onion, olive oil and lemon dressing
Allergens: Gluten.

Spaghetti bake.
Allergens: Gluten, dairy.

White bean chili topped with avocado. Served with tortillas and sour cream.
Allergens: Dairy.

Danish meatballs served with potato salad.
Allergens: None.

Broccoli cauliflower Mac and cheese.
Allergens: Gluten, dairy.

Snack

Oat and banana biscuits.
Ingredients:
Oats, banana, cinnamon.

Fruits

Oat and banana biscuits.
Ingredients:
Oats, banana, cinnamon.

Cucumber and yogurt dip.
Ingredients:
Greek yogurt, dill, lemon.

Fruits

Tea

Gallo Pinto (rice and beans) with guacamole and plantain.
Allergens: None.

Grilled beef burgers, homemade sweet potato fries.
Allergens: None.

Batata Harra
Spiced potato cubes, sweet peppers, garlic, and coriander with naan and mint greek yogurt sauce.
Allergens: Gluten, dairy.

Lemon Parmesan couscous and charred asparagus.
Allergens: Gluten, dairy.

Halloumi tray bake with pesto rice and roasted vegetables.
Allergens: Dairy.



AUTUMN - WINTER MEAL PLAN

WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

Snack

Fruits

Hummus, and Crudite
Ingredients:
Chickpeas, garlic, lemon, olive oil, cumin.

Yogurt and Fruits

Fruits

Crudite and Cream cheese

Lunch

Roasted carrots with grilled laffa bread, falafel, and lemony yogurt sauce.
Allergens: Gluten, dairy.

Latin American Stew.
Allergens: None.

Spaghetti bake.
Allergens: Gluten, dairy.

Danish meatballs in vegetable curry with rice.
Allergens: None.

Carolina style beef barbecue, slaw, and homemade sweet potato fries.
Allergens: None.

Snack

Oat and banana biscuits.
Ingredients:
Oats, banana, cinnamon.

Fruits

Oat and banana biscuits.
Ingredients:
Oats, banana, cinnamon.

Cucumber and yogurt dip.
Ingredients:
Greek yogurt, dill, lemon.

Fruits

Tea

Crispy plantains, cilantro lime rice, grilled chicken.
Allergens: None.

Shepards Pie.
Allergens: None.

Cheese Sambousek
Lebanese pastry filled with halloumi, parsley, and onion.
Served with marinated sliced beef and Labneh (strained Greek yogurt).
Allergens: Gluten, dairy.

Fall lemony chicken orzo soup.
Allergens: Gluten, dairy.

Mushroom Risotto.
Allergens: Dairy.



AUTUMN - WINTER MEAL PLAN

WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

Snack

Fruits

Hummus, and Crudite
Ingredients:
Chickpeas, garlic, lemon, olive oil, cumin.

Yogurt and Fruits

Fruits

Crudite and Cream cheese

Lunch

Spaghetti bake.
Allergens: Gluten, dairy.

Galinhada
(Brazilian chicken and rice).
Allergens: None.

Raisin and date flatbread, meatballs, spiced carrot hummus.
Allergens: Gluten.

Fall vegetable and quinoa soup topped with cheese and sour cream.
Allergens: Dairy.

Classic British Roast.
Roast vegetables, crispy potato, Yorkshire puddings, beef, gravy.
Allergens: Gluten.

Snack

Oat and banana biscuits.
Ingredients:
Oats, banana, cinnamon.

Fruits

Oat and banana biscuits.
Ingredients:
Oats, banana, cinnamon.

Cucumber and yogurt dip.
Ingredients:
Greek yogurt, dill, lemon.

Fruits

Tea

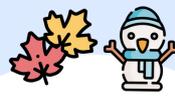
Roasted vegetable and falafel over Lebanese rice.
Allergens: None.

Vegan potato cake with chickpea curry.
Allergens: None.

Bean and beef slow cooked chili served with cornbread.
Allergens: Gluten.

Finland fish pie served with rye bread.
Allergens: Gluten.

Wild rice stew.
Allergens: None.



AUTUMN - WINTER MEAL PLAN

WEEK 4

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

A Selection of Cereals / Fruit Compotes / Porridge

Snack

Fruits

Hummus, and Crudite
Ingredients:
Chickpeas, garlic, lemon, olive oil, cumin.

Yogurt and Fruits

Fruits

Crudite and Cream cheese

Lunch

Spaghetti.

Allergens: Gluten, dairy.

Sloppy Joe casserole.

Allergens: Gluten, dairy.

Spiced chicken, with mushrooms, and garlic toast.

Allergens: Gluten.

Turkey and gravy with mashed potato, green beans, cranberry sauce, and rolls.

Allergens: Gluten,

Chicken Shawarma, hummus, Tabbouleh salad.

Allergens: None.

Snack

Oat and banana biscuits.

Ingredients:
Oats, banana, cinnamon.

Fruits

Oat and banana biscuits.

Ingredients:
Oats, banana, cinnamon.

Cucumber and yogurt dip.

Ingredients:
Greek yogurt, dill, lemon.

Fruits

Tea

Meatless meatballs, batata harra spiced potato, rice, yogurt and herb sauce.

Allergens: None.

Irish potato stew.

Allergens: None.

Bangers and mash with peas and gravy.

Allergens: None.

Vegetarian fried rice with tofu.

Allergens: Soy.

Chupe de papa (Colombian style potatoes) and beef meatballs with a lemon coriander yogurt sauce.

Allergens: Dairy.