



SPRING 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	Mediterranean toasted chickpea salad with Laffa bread and avocado yogurt dip. Ingredients: Laffa bread: Flour, yeast, sugar, salt, olive oil. Chickpea salad: Chickpeas, cucumber, tomato, olive oil, lemon. Avocado yogurt dip: Greek yogurt, avocado, garlic, lemon, olive oil. Allergens: Gluten, Milk.	French roast chicken, charred carrots, and homemade chips. Ingredients: French roast chicken. Carrots: Carrots, oil, pepper. Homemade chips: Potato, oil.	Greek yogurt butter beans, peas, and herbs. Ingredients: Olive oil, Greek yogurt, turmeric, garlic, lemon juice, peas, dill, cumin, coriander. Allergens: Milk.	French onion meatballs with mashed potatoes. Ingredients: Meatballs: Ground chicken, shredded carrot, shredded zucchini, cheddar cheese, gluten free bread crumb, garlic, pepper, butter, onion, broth, thyme. Mashed potato: Potato, greek yogurt, butter, milk. Allergens: Milk.	Italian roasted tomato, spinach, and mozzarella bake. Ingredients: Flat bread: Flour, yeast, sugar, salt, olive oil. Topping: Sauce, roast tomatoes, spinach, mozzarella, basil. Allergens: Gluten, Milk.
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	Mushroom scallion orzo. Ingredients: Vegetable stock, orzo, white mushroom, scallions, Parmesan. Allergens: Gluten, Milk.	Arctic fish cake with lemon sauce, roasted zucchini, and rice. Ingredients: Fish cake: Potato, tinned or fresh fish, spring onion, lemon, pepper. Roasted zucchini: Zucchini, olive oil Rice Allergens: Fish	Avocado pesto pasta. Ingredients: Avocado, basil, garlic, lemon, pasta, Parmesan. Allergens: Gluten, Milk.	Parisian savory crepes: Sausage, potato, greens, cheddar cheese. Ingredients: Crepe: flour, sugar, milk. Beef sausage, potato, greens, cheddar cheese. Allergens: Gluten, Milk.	Vegetable Paella. Ingredients: Vegetable stock, olive oil, onion, bell pepper, tomato, garlic, paprika, thyme, peas, rice

*Lupin: Similar to a peanut.
* Crustaceans have shells.



SPRING 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	Tzatziki and crudite	Yogurt and Fruits	Fruits	Crudite and Cream cheese
Lunch	<p>Tzatziki, homemade Pita, vegetarian "meatballs". Ingredients: Tzatziki: Greek yogurt, cucumber, garlic, lemon, olive oil. Pita: Flour, yeast, salt, olive oil. "Meatballs": Chickpea, carrot, onion, spinach, garlic, paprika, oregano, oil, gf flour (oats).</p> <p>Allergens: Gluten, Milk.</p>	<p>Lemony orzo, with sausage, broccoli, and mozzarella. Ingredients: Pasta, Sausage (garlic, lemon, pepper, oregano), broccoli, mozzarella, Parmesan, basil.</p> <p>Allergens: Gluten, Milk.</p>	<p>Coq Au Vin "Chicken Stew" with mushroom, carrots, and onion with mashed potatoes. Ingredients: Chicken, olive oil, onion, flour, chicken stock, garlic, tomato paste, mushroom, carrot, thyme.</p> <p>Mashed potato: Potato, greek yogurt, butter, milk.</p> <p>Allergens: Milk</p>	<p>Alaskan salmon bites with, rice, edamame, cucumber, and an avocado yogurt sauce. Ingredients: Salmon bites: Salmon, olive oil. Yogurt sauce: Avocado, yogurt, garlic, lemon, olive oil.</p> <p>Ext: Rice, edamame, cucumber.</p> <p>Allergens: Soy</p>	<p>Roast tomato sausage bake w/ mozzarella and broccoli. Ingredients: Flour, salt, yeast. Sausage with seasoning, broccoli and Mozzarella.</p> <p>Allergens: Gluten, Milk.</p>
Snack	Antarctica sledging biscuits with cream cheese / fruit compotes.	Fruits	Biscuits with cream cheese/ fruit compotes.	Cucumber and yogurt dip. Ingredients: Greek yogurt, dill, lemon.	Fruits
Tea	<p>Red Thai vegetable curry and rice. Ingredients: Coconut milk, red curry paste, carrot, garlic, ginger, lime, onion, bell pepper.</p> <p>Rice</p>	<p>French Cassoulet: White beans, roasted tomato, spinach, and cheese and Baguette. Ingredients: Cannellini beans, garlic, tomato, spinach, olive oil, mozzarella.</p> <p>Baguette: flour, yeast, salt, oil.</p> <p>Allergens: Gluten, Milk.</p>	<p>Asian inspired edamame stir fry with shredded carrots, cabbage, and Scallions over rice. Ingredients: Edamame, carrot, cabbage, scallion, soy sauce, honey, garlic, vinegar, oil.</p> <p>Rice.</p>	<p>Tapas meatballs and spanish beans. Ingredients: Meatballs: Ground beef, paprika, pepper, GF bread crumb, garlic, onion, tomato, beef broth, dried parsley, oil.</p> <p>Beans: butter beans, paprika, canned tomato, spinach.</p> <p>Allergens: Soy</p>	<p>Crispy tofu katsu over rice and avocado. Ingredients: Tofu Katsu: Tofu, oil, gf flour, cornstarch, paprika, gf breadcrumb.</p> <p>Rice, avocado.</p> <p>Allergens: Soy</p>



SPRING 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	Homemade Gluten Free crackers and cheese.	Yogurt and Fruits	Fruits	Oat bars
Lunch	<p>Asian tofu veggie stir fry noodles with broccoli, carrots, peppers.</p> <p>Ingredients:</p> <p>Tofu, egg noodle, broccoli, carrots, bell pepper.</p> <p>Allergens: Gluten, Soy.</p>	<p>Zucchini Basil Pesto conchiglie pasta and peas.</p> <p>Ingredients:</p> <p>Pesto: Olive oil, Parmesan, basil, zucchini, avocado, garlic.</p> <p>Pasta, peas, zucchini.</p> <p>Allergens: Gluten, Milk.</p>	<p>Spanish Chickpea curry and homemade pita.</p> <p>Ingredients:</p> <p>Oil, onion, garlic, ginger, coriander, turmeric, cumin, crushed tomato, vegetable stock, chickpeas, spinach, lemon and coconut milk.</p> <p>Pita:</p> <p>Flour, yeast, salt, olive oil.</p> <p>Allergens: Gluten</p>	<p>Greek meatballs with yogurt sauce, cucumber, and rice.</p> <p>Ingredients:</p> <p>Beef mince, oil, garlic, mint, oregano, parsley, red onion, pepper, gf flour / bread crumb.</p> <p>Yogurt sauce: Greek yogurt, lemon, honey, cucumber.</p> <p>Rice</p> <p>Allergens: Milk.</p>	<p>Pizza Bianca (white pizza) with mozzarella, garlic, olive oil, and greens.</p> <p>Ingredients:</p> <p>Flour, water, salt.</p> <p>Mozzarella, Parmesan, garlic, oil.</p> <p>Veg on side</p> <p>Allergens: Gluten, Milk.</p>
Snack	<p>Hummus, and Crudite</p> <p>Ingredients:</p> <p>Chickpeas, garlic, lemon, olive oil, cumin.</p>	Fruits	Homemade Gluten Free crackers and cheese.	Oat bars	Fruits
Tea	<p>Sautéed green beans with french onions on mashed potato.</p> <p>Ingredients:</p> <p>Green beans, butter, onion, garlic, veg broth, pepper.</p> <p>Mashed potato:</p> <p>Potato, greek yogurt, butter, milk.</p> <p>Allergens: Milk.</p>	<p>Beef and veggies meatballs, homemade sweet potato chips, tzatziki.</p> <p>Ingredients:</p> <p>Minced beef, zucchini, carrot, onion.</p> <p>Sweet potato, oil.</p> <p>Cucumber, Greek yogurt, spices, honey.</p> <p>Allergens: Milk.</p>	<p>Roast tomato basil creamy orzo with greens and Parmesan.</p> <p>Ingredients:</p> <p>Orzo, butter, milk, yogurt, Parmesan, tomatoes, basil, vegetable stock, pepper, Italian seasoning, spinach.</p> <p>Allergens: Gluten, Milk.</p>	<p>Alaskan Salmon bake with roast tomatoes, wilted spinach, and cream sauce.</p> <p>Ingredients:</p> <p>Salmon, broth, milk/ cream, oil, lemon, shallot, thyme, basil, tomato, spinach.</p> <p>Allergens: Fish, Milk.</p>	<p>Spinach, Mushroom, Quinoa skillet with greens.</p> <p>Ingredients:</p> <p>Quinoa, oil, garlic, mushroom, onion, spinach, veg broth, pepper, Italian seasoning, Parmesan.</p> <p>Allergens: Milk.</p>



SPRING 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	Homemade Gluten Free crackers and cheese.	Yogurt and Fruits	Homemade Gluten Free crackers and cheese.	Fruits
Lunch	<p>Green risotto with spinach and peas pesto.</p> <p>Ingredients:</p> <p>Pesto: peas, garlic, lemon, olive oil, pepper, avocado, yogurt.</p> <p>Risotto: onion, garlic, veg stock, peas, Parmesan.</p> <p>Allergens: Milk.</p>	<p>Mongolian chicken with spring onion and broccoli, "fried rice".</p> <p>Ingredients:</p> <p>Chicken, cornstarch, oil, onion, ginger, garlic, rice vinegar, soy sauce, chicken stock, sugar, green onion.</p> <p>Rice, peas, carrots.</p> <p>Allergens: Soy</p>	<p>Arctic fish cakes, lemon sauce, and rice.</p> <p>Ingredients:</p> <p>Cod, potato, onion, chickpea juice, gf bread crumb, cream, lemon, butter, garlic, olive oil, parsley.</p> <p>Rice</p> <p>Allergens: Milk.</p>	<p>French roast chicken with mashed potatoes and green beans.</p> <p>Ingredients:</p> <p>Chicken, butter, garlic, basil, thyme, lemon.</p> <p>Green beans, oil.</p> <p>Mashed potato: Potato, greek yogurt, butter, milk.</p> <p>Allergens: Gluten, Milk.</p>	<p>Avocado pesto Flatbreads with parmesan.</p> <p>Ingredients:</p> <p>Flatbread: flour, yeast, salt.</p> <p>Basil, peas, avocado, oil, spinach, parmesan.</p> <p>Allergens: Milk.</p>
Snack	<p>Cucumber and yogurt dip.</p> <p>Ingredients:</p> <p>Greek yogurt, dill, lemon.</p>	Banana oat bars	<p>Cucumber and yogurt dip.</p> <p>Ingredients:</p> <p>Greek yogurt, dill, lemon.</p>	Banana oat bars	Fruits
Tea	<p>Mediterranean white bean, potato, cauliflower, spinach bake with cheese.</p> <p>Ingredients:</p> <p>White beans, potato, cauliflower, cheddar cheese, canned tomato, spinach.</p> <p>Allergens: Milk.</p>	<p>Mushroom and Italian sausage bake.</p> <p>Ingredients:</p> <p>Sausage, mushroom, pizza sauce, mozzarella, basil.</p> <p>Allergens: Gluten, Milk.</p>	<p>Japanese chicken curry carrots and peppers.</p> <p>Ingredients:</p> <p>Chicken, coconut milk, onion, garlic, ginger, crushed tomato, spinach, rice.</p>	<p>Italian Caesar pasta with crunchy chickpeas and greens.</p> <p>Ingredients:</p> <p>Chickpeas, garlic, spinach, pasta, olive oil, lemon, vegan mayo, paprika, olive oil.</p> <p>Allergens: Gluten, Milk.</p>	<p>Rosemary white bean hummus wraps with pita and avocado, and cucumber.</p> <p>Ingredients:</p> <p>White beans, rosemary, olive oil, cumin, avocado, cucumber.</p> <p>Pita: Flour, yeast, salt, olive oil.</p> <p>Allergens: Gluten.</p>