



SUMMER MEAL PLAN



Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
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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
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Snack	Fruits	Hummus, and Crudite Ingredients: Chickpeas, garlic, lemon, olive oil, cumin.	Yogurt and Fruits	Fruits	Crudite and Cream cheese
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Lunch	Veg Tikka Masala, rice, Garlic naan. Allergens: Gluten, dairy.	Potato dumplings and beef sausage. Allergens: Milk.	Veg stew over rice. Allergens: Dairy.	Spag Bol (Australian spaghetti). Allergens: Gluten, dairy.	Chicken and broccoli meatballs with quinoa. Allergens: Dairy.
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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
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Tea	Summer pesto Couscous with asparagus and halloumi. Allergens: Gluten, dairy, mustard.	Carrot cakes w/ harissa yogurt and rice. Allergens: Dairy.	Butter chicken, Naan, and rice. Allergens: Dairy.	Falafel, flat bread, yogurt spread, hummus, shredded cucumber and tomato salad. Allergens: Gluten, milk.	Beef Stroganoff. Allergens: Milk.
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SUMMER 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	Creamy lemon spinach pasta. Allergens: Gluten, milk.	African Chicken Stew with plantain. Allergens: None.	Beef meatballs, potato wedges, and veg hummus and dill. Allergens: None.	Green summer coconut curry with rice and pita. Allergens: Gluten.	Australian slaw, seasoned potato wedges, chicken burger. 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	Pacific rim inspired fresh rice bowl. Allergens: Dairy.	Lemon courgette chickpea cake with yogurt sauce and corn salad. Allergens: Dairy.	Pesto and chicken orzo salad. Allergens: Dairy and gluten.	Australian sausages: Stew with sausages, onion, curry powder, peas and tomatoes with rice.	Roasted veg chickpea salad and grilled houllumi. Allergens: Dairy.



SUMMER 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	Russian Olivier Salad (Russian potato salad) with diced potato, chicken, sweet pea, and carrot in a vegan mayo vinaigrette dressing. Allergens: None.	Australian beef rissole (meat patty) with mashed potato and peas. Allergens: None.	Horn of Africa cuisine: lentil stew served with wheat flatbread. Allergens: Gluten.	Aussie salmon, sweet potato and pea fishcakes with yogurt sauce and rice. Allergens: Dairy.	Golden cauliflower dal with rice coconut and spinach 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	Indian coconut lentil curry. Allergens: None.	Summer chicken pasta salad with roasted red peppers, mozzarella, and avocado and vinaigrette. Allergens: Dairy.	Cauliflower potato cakes with mushroom and minced beef served with a garlic cream sauce. Allergens: Dairy.	Tandoori chicken and rice. Allergens: Dairy.	Jollof spaghetti. Allergens: Gluten and dairy.



SUMMER 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	Nigerian Jollof rice and chickpeas with plantain. Allergens: None.	Classic Indian Paneer Makhani. Allergens: Dairy, soy.	Aussie chicken burger, smashed avocado yogurt dip, and homemade chips. Allergens: Dairy.	Kenyan beef curry. Allergens: None.	Kebab bowls with beef, cucumber, red onion, rice, and a lemon dill yogurt sauce. Allergens: 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	Avocado & citrus dip with spuds & cheese. Allergens: Dairy.	Makarony Po-Flotski (Russian pasta dish). Allergens: Gluten and dairy.	Pierogies filled with potato and cheese served with sour cream/ cottage cheese and roasted veg. Allergens: Dairy and gluten.	Subcontinent cuisine: Chicken Hakka noodles. Allergens: Gluten.	Summer orzo salad with courgette, tomato, basil, and mozzarella. Allergens: Dairy and gluten.