

Menu 2025

Week 3

| MEAL  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY                                       | FRIDAY  |
|---|---|--|--|--|---|
| BREAKFAST   | Selection of fortified, low sugar cereals with dairy or plant-based milk                            |  |  |  |   |
| MID-MORNING SNACK   | Platter of Mixed Fruit  | Breadsticks and Cucumber Sticks                    | Platter of Mixed Fruit                             | Home-Made Tortilla Chips with Tomato Salsa Dip | Rice Cakes with Platter of Mixed Fruit                        |
| LUNCH   | Beef and Bean Crumble with New Potatoes   | Tuna Pasta Bake with Steamed Vegetables            | Chicken and Mushroom Stroganoff & Wholemeal Pasta  | Roast Chicken with Potatoes and Vegetables     | Macaroni & White Bean with Butternut Squash in a chesse sauce |
| VEGETARIAN  | Bean & Vegetable Crumble with New Potatoes  | Cheese and Bean Pasta Bake with Steamed Vegetables | Mushroom and Lentil Stroganoff & Wholemeal Pasta   | Quorn with potatoes and vegetables             | Macaroni & White Bean with Butternut Squash in a chesse sauce |
| DESSERT   | Greek Yogurt & Fresh Fruit  | Greek Yogurt & Fresh Fruit                         | Greek Yogurt & Fresh Fruit                         | Greek Yogurt & Fresh Fruit                     | Greek Yogurt & Fresh Fruit                                    |
|   | Afternoon snacks will include an offering of either crackers, breadsticks, rice cakes and oat cakes |  |  |  |   |
| TEA   | Wraps with Egg & Cheese with Salad  | Beans on Toast                                     | Bread Rolls with Salmon, Cream Cheese and Cucumber | Ham & Cheese sandwiches with salad             | Picky Tea with Salad  |
| VEGATARIAN  | Wraps with Egg & Cheese with Salad  | Beans on Toast                                     | Bread Rolls with Cheese, Hummus and Cucumber       | Cheese sandwiches with salad                   | Picky Tea with Salad  |
| All meals are served with a selection of seasonal vegetables and water, dairy or plant-based milk |   |  |  |  |   |
| At all meals and snacks alternatives are provided for any dietary or cultural requirements        |   |  |  |  |   |