



## Spring/ summer Menu Week (1)

|  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|---|--|---|---|---|
| <b>Breakfast</b>                               | Selection of wholegrain cereals with milk, toast with butter and fresh fruits                                       | Selection of wholegrain cereals with milk, toast with butter and fresh fruits and scrambled eggs | Selection of wholegrain cereals with milk, wholegrain toast with butter variety fresh fruits and porridge | Selection of wholegrain cereals with milk, toast with butter and fresh fruits     | Selection of wholegrain cereals with milk, toast with butter and fresh fruits |
| <b>Morning snack</b><br><b>Afternoon snack</b> | Selection of either fresh fruit, vegetables, bread sticks, a selection of crackers served with fresh milk and water |  |   |   |   |
| <b>Lunch</b>                                   | Roast chicken and potatoes served with steamed vegetables and gravy   | Roast vegetables couscous with steamed broccoli  | White fish pie served with peas and carrots   | Vegetable jollof rice served with mixed vegetables                                | Beef spaghetti bolognese<br>Served With mixed vegetables                      |
| <b>Dessert</b>                                 | Natural yoghurt   | Fresh melon platter  | Fruit jelly   | Fresh pineapple   | Selection of flavoured ice-cream  |
| <b>Vegetarian</b>                              | Quorn chicken   | Same as above  | Plant based pie   | Same as above   | Plant based Quorn mince   |
| <b>Vegan</b>                                   | Plant based chicken   | Same as above  | Plant based pie   | Same as above   | Plant based mince   |
| <b>Tea</b>                                     | Vegetarian Spanish Omelets, served with Buttered Toast and cucumber sticks  | Mini Jacket potatoes with baked beans and grated cheese served with vegetable sticks             | Homemade cheese and tomato pizza served with cucumber and carrot sticks                                   | Pitta Pockets with a Variety of Fillings, served with Hummus and vegetable sticks | Sandwich Platter with Various Fillings Served with Cherry Tomato Slices       |
| <b>Dessert</b>                                 | Homemade biscuits   | Carrot Cake  | Fruit yoghurt   | Sugar free fruit jelly  | Chef's oat cookies  |
| <b>Vegetarians</b>                             | Same as above   | Same as above  | Same as above   | Same as above   | Same as above   |
| <b>Vegan</b>                                   | Vegan omelet  | Vegan substitutes  | Vegan substitutes   | Vegan substitutes   | Vegan substitutes   |



## Menu Week (2)

|                                  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|----------------------------------|---|---|--|--|--|
| Breakfast                        | Selection of wholegrain cereals with milk, toast with butter and fresh fruits                                       | Selection of wholegrain cereals with milk, toast with butter and fresh fruits | Selection of wholegrain cereals with milk, wholegrain toast with butter variety fresh fruits | Selection of wholegrain cereals with milk, toast with butter and fresh fruits and porridge | Selection of wholegrain cereals with milk, toast with butter and fresh fruits and scrambled eggs |
| Morning snack<br>Afternoon snack | Selection of either fresh fruit, vegetables, bread sticks, a selection of crackers served with fresh milk and water |   |  |  |  |
| Lunch                            | Borlotti Bean Casserole with white rice and steamed vegetables  | Beef Spaghetti meatballs with broccoli  | Noodle with Chicken and vegetables stir-fry  | Vegetarian Ratatouille with couscous and broccoli  | Lentil and vegetable curry with Rice   |
| Dessert                          | Greek yoghurt   | Fresh fruit cocktail  | Pineapple sticks   | Natural yoghurt  | Carrot cake  |
| Vegetarian                       | Quorn mince   | Same as above   | Plant based noodle   | Same as above  | Quorn chicken  |
| Vegan                            | Plant based mince   | Same as above   | Same as above  | Same as above  | Plant based chicken  |
| Tea                              | Sandwich Platter with Various Fillings Served with Vegetable Sticks and cherry tomatoes                             | Scrambled eggs with spinach and buttered toast                                | Toasted Bagels with a Selection of Fillings and green salad                                  | Homemade fish fingers with mashed potatoes and vegetables                                  | Hot Cheesy Tortilla Wraps Served with Green Salad  |
| Dessert                          | Watermelon  | Homemade short bread biscuits   | Banana custard   | Fruit jelly  | Homemade biscuits  |
| Vegetarians                      | Same as above   | Same as above   | Same as above  | Vegetable fingers  | Same as above  |
| Vegan                            | Same as above   | Vegan omelet  | Vegan substitutes  | Vegetable fingers  | Vegan substitutes  |



## Menu Week (3)

|  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|---|
| <b>Breakfast</b>                               | Selection of wholegrain cereals with milk, toast with butter and fresh fruits                                       | Selection of wholegrain cereals with milk, toast with butter, fresh fruits and porridge | Selection of wholegrain cereals with milk, wholegrain toast with butter, variety fresh fruits | Selection of wholegrain cereals with milk, toast with butter and fresh fruits and scrambled eggs  | Selection of wholegrain cereals with milk, toast with butter and fresh fruits |
| <b>Morning snack</b><br><b>Afternoon snack</b> | Selection of either fresh fruit, vegetables, bread sticks, a selection of crackers served with fresh milk and water |   |   |   |   |
| <b>Lunch</b>                                   | Vegetable Chili Con Carne Served with steamed rice and Green Salad  | Pasticio – greek beef macaroni pie with broccoli  | Sweet potato chicken stew served with white rice and mixed vegetables                         | Steamed white fish in tomato and sweet pepper sauce, served with couscous and steamed green beans | Orzo with Mediterranean vegetable bake  |
| <b>Dessert</b>                                 | Natural yoghurt   | Honeydew melon  | Fruit Jelly   | Ice Cream   | Greek Yogurt  |
| <b>Vegetarian</b>                              | Quorn mince   | Same as above   | Quorn chicken   | Plant based fish  | Same as above   |
| <b>Vegan</b>                                   | Plant based mince   | Same as above   | Plant based chicken   | Plant based fish  | Same as above   |
| <b>Tea</b>                                     | Toasted Bagels with a Selection of Fillings and Vegetable Sticks  | Scrambled Eggs and Soft Cheese On Whole-Meal Toast                                      | Mediterranean Basil green pasta with sweetcorn salad  | Toasted Muffin with melted cheese and tomatoes served with carrots sticks                         | Mini pitta pockets served with variety of fillings and Hummus                 |
| <b>Dessert</b>                                 | Fresh seasonal fruit  | Homemade Biscuits   | Victoria sponge cake  | Banana Cake   | Fruit salad   |
| <b>Vegetarians</b>                             | Same as above   | Same as above   | Same as above   | Same as above   | Same as above   |
| <b>Vegan</b>                                   | Same as above   | Vegan substitutes   | Vegan omelet  | Vegan substitutes   | Same as above   |



## Menu Week (4)

|  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|---|--|---|---|--|
| <b>Breakfast</b>                               | Selection of wholegrain cereals with milk, toast with butter and fresh fruits and scrambled eggs                    | Selection of wholegrain cereals with milk, toast with butter, fresh fruits | Selection of wholegrain cereals with milk, wholegrain toast with butter, variety fresh fruits | Selection of wholegrain cereals with milk, toast with butter and fresh fruits | Selection of wholegrain cereals with milk, toast with butter and fresh fruits and porridge |
| <b>Morning snack</b><br><b>Afternoon snack</b> | Selection of either fresh fruit, vegetables, bread sticks, a selection of crackers served with fresh milk and water |  |   |   |  |
| <b>Lunch</b>                                   | Lentil and root vegetables stew with Wholewheat Couscous  | Chickpeas and mixed vegetable biryani                                      | Beef enchiladas served with carrot sticks   | Chicken and tomato pasta bake and Broccoli                                    | White fish curry with mixed vegetable and basmati rice                                     |
| <b>Dessert</b>                                 | Greek yoghurt   | Ice-cream  | Pineapple sticks  | Fruit Yogurt  | Sugar free fruit jelly   |
| <b>Vegetarian</b>                              | Same as above   | Same as above  | Quorn mince   | Quorn chicken   | Plant based fish   |
| <b>Vegan</b>                                   | Same as above   | Same as above  | Plant based mince   | Plant based chicken   | Plant based fish   |
| <b>Tea</b>                                     | Selection of homemade sandwiches with vegetable sticks  | Mac and Cheese with broccoli   | Homemade fish cake and mini corn on the cob   | Mini Jacket potatoes with baked beans and grated cheese                       | Homemade cheese tomato pizza with side of vegetable sticks                                 |
| <b>Dessert</b>                                 | Chilled Cinnamon Rice Pudding   | Shortbread biscuit fingers   | Vegan Carrot cake   | Watermelon  | Homemade flapjack  |
| <b>Vegetarians</b>                             | Same as above   | Same as above  | Same as above   | Vegan substitutes   | Vegan substitutes  |
| <b>Vegan</b>                                   | Vegan substitute  | Vegan substitutes  | Same as above   | Vegan substitutes   | Vegan substitutes  |

