



# Sample Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>		We serve a range of breakfast options every day including cereals, porridge and wholemeal toast with butter.				
<b>Lunch</b>	<b>Main</b>	Cauliflower and chickpea curry with rice	Beef lasagne	Turkish chicken shish kebabs served with bulgur wheat	Fish pie served with seasonal vegetables	Braised lamb mince served with crispy baby potatoes and seasonal vegetables
	<b>Main Veg</b>		Lentil lasagne	Tempeh	Cheese, broccoli and edamame bean pie	Vegan mince
	<b>Starter or Dessert</b>	Naan bread with dip	Fresh fruit	Apple and raspberry crumble served with custard	Melon medley	Cranberry oat bars
		Lunch and Teas are served with seasonal vegetables or a side salad. Second servings are available.				
<b>Snacks</b>		Our chefs provide a selection of snacks, which include: a selection of fruits, rice cakes, breadsticks or oatcakes.				
<b>Tea</b>		Jacket potatoes with chefs choice of filling	Toasted pizza bagels served with salad	Tomato and basil minestrone soup	Vegetable kedgeree	Penne pasta with arrabbiata sauce and kale
<b>Weaning</b>		Our chefs will provide a weaning meal according to the weaning lists provided by parents/guardians from foods we have on our menu: puree/mash with lumps/finger food.				
<b>Drinks</b>		Milk and water available throughout the day.				

