

Menu - week 1

BREAKFAST :- A choice of cereals, toast and fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Jacket potato with tuna and sweetcorn, served with cucumber sticks Peaches & Plant based Cream	<u>LUNCH</u> Tomato & Basil Pasta Fruit Yogurt	<u>LUNCH</u> Lemon, broccoli pasta with parmesan Summer compote with Plant Based Cream	<u>LUNCH</u> Jacket potato, coleslaw & cheese Banana Loaf	<u>LUNCH</u> Summer casserole (chicken and vegetables) with couscous Fruit Yogurt
<u>TEA</u> Tomato soup with bread Pears	<u>TEA</u> Rice cakes & cream cheese with cucumber Melon Medley	<u>TEA</u> Beans on toast Apples & pears	<u>TEA</u> Crispbread with sweet chilli cream cheese, tomatoes & cucumber Bananas	<u>TEA</u> Cheese or marmite sandwiches with red pepper sticks Apples

Milk and water served with all meals Red - contains allergens

Menu - week 2

BREAKFAST :- A choice of cereals, toast and fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<u>LUNCH</u> Vegetable pasta with garlic bread Fruit Yogurt	<u>LUNCH</u> Jacket potato with cheese & beans Banana Loaf	<u>LUNCH</u> Gazpacho with cucumber, red pepper sticks & garlic bread Bananas & Custard	<u>LUNCH</u> Chicken dinner - baby potatoes, broccoli & peas Fromage Frais	<u>LUNCH</u> Tuna Herb Pasta Summer Compote with Plant based cream
<u>TEA</u> Cream cheese or marmite sandwiches with cucumber slices Bananas	<u>TEA</u> Crispbread with tuna mayo spread & tomatoes Pears	<u>TEA</u> Fruit Toast & berries Apples	<u>TEA</u> Rice cakes & hummus with baby tomatoes Oranges	<u>TEA</u> Beans on toast Melon

Milk and water served with all meals Red – contains allergens