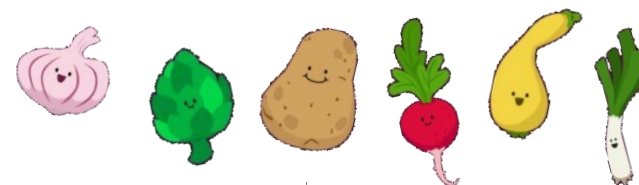




Week 1 - Winter 2023



W1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Monday to Friday: Selection of cereals including Weetabix, Cornflakes, Rice Krispies and toast with fresh fruit Tuesday and Thursday: Porridge				
Lunch	Vegetable and lentil bolognese	Red Thai vegetable and chickpea curry	Spinach, goats cheese and egg flamiche	Quorn, lentil and tomato lasagne	Homemade pizza topped with homemade red pesto and mozzarella
Served with	Spaghetti, grated cheese and steamed carrots	Boiled eggs, rice, mango and cucumber salad	Green beans and peas	Garlic bread and sweetcorn	Mixed salad
Low sugar dessert	Greek yoghurt with homemade apple purée	Steamed plums and custard	Fruit salad	Greek yoghurt with homemade pineapple puree	Peach cobbler with chantilly cream
Afternoon tea - all dishes are served with a selection of fresh fruit	Sweet potato and red pepper soup with homemade croutons	Mixed bean enchiladas with garden salad	Mixed bell pepper pasta with roasted courgette	Carrot, butternut squash and potato soup with bread and butter	Minestrone soup with ciabatta bread