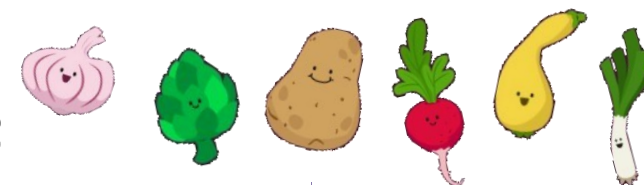




Week 2 - Winter 2023



W2	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	Cauliflower and cheese pasta bake with halloumi and mozzarella	Vegetable stir fry	Orzo pasta with feta cheese and homemade red pesto	Spinach, chickpea and butternut squash curry	Assorted potato wedges and crudité
Served with	Steamed broccoli and green beans	Egg noodles and broccolini	Garlic and herb croutons and steamed carrots	Rice, cannellini beans and peas	Baked beans, grated cheese and coleslaw
Low sugar dessert	Greek yogurt with homemade pear purée	Mixed fruit puff pastry topped with fresh cream	Banana smoothie	Pear crumble and custard	Greek yogurt with homemade red berry compote
Afternoon tea - all dishes are served with a selection of fresh fruit	Caribbean pilau rice with kidney beans and spinach	Leek and potato soup served with bread and butter	Butternut squash risotto with vegetable crudité	Margherita puff pastry pin wheels with mixed garden salad	Pumpkin and red lentil soup with toasted ciabatta bread