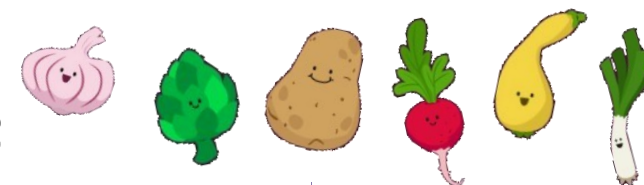




Week 3 - Winter 2023



| W3 | 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 biryani | Asian style vegetable and tofu stir fry | Vegetable egg fried rice | Creamy vegetable carbonara | Pumpkin, vegetable and quinoa pie |
| Served with | Boiled eggs, rice and sweetcorn | Egg noodles, broccolini and pak choi | Steamed broccoli and cauliflower florets | Spaghetti and roasted carrot and parsnips | Crushed butter potatoes, onion gravy with chives and steamed peas |
| Low sugar dessert | Greek yogurt with banana slices | Mixed fruit salad | Carrot cake and custard | Mango and peach compote | Apricot smoothie |
| Afternoon tea - all dishes are served with a selection of fresh fruit | Curried potato and red lentil soup served with grilled cheese on toast | Roasted vegetable bulgur wheat with cucumber batons | Red pepper and sweet potato soup served with crusty bread | Baked beans on toast and steamed vegetable crudité | Pasta with red pepper, homemade green pesto and corn on the cob |