



Week 2 - Spring 2024

W2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals including Weetabix, Cornflakes, Rice Krispies and wholemeal toast				
Soup	Soup of the day				
Lunch Option 1	Soya mince lasagne	Chickpea tikka masala curry	Classic macaroni cheese	Tofu chow mein	Cheese and tomato pizza
Lunch Option 2	Pearl barley, pumpkin and white bean paella	Mixed bean and winter vegetable stroganoff	Stuffed aubergine with quinoa and courgette	Teriyaki tempeh slabs with spring onion	Lentil and aubergine daal
Served with	Roasted cabbage and parsnips	Basmati rice, sweetcorn, raita, mango chutney, naan bread	Cauliflower and roasted leeks	Chop suey noodles and stir fried vegetables	Basmati rice, roasted carrots and broccoli florets
	Salad bar				
Low sugar dessert	Fruit salad and yoghurt	Chocolate brownie	Pear and apple crumble with custard	Mixed melon wedges	Lemon sponge cake
Fruit	Fresh fruit served daily				
Afternoon tea	Cheese and tomato toasties	Chickpea and bean tacos with guacamole	Cheese and onion puff pastry rolls	Warm roasted vegetable cous cous salad	Selection of sandwiches and crudités