



Week 1 - Summer 2024

W1	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	Red lentils and gnocchi with mixed peppers	Quorn sausage with onion gravy	Lentil and bulgur wheat dumplings with lemon yoghurt	Jacket potato bar with hot and cold fillings	Margherita pizza
Lunch Option 2	Creamy tomato, summer vegetable and basil sauce spaghetti	BBQ style cannellini bean stew	Ratatouille pasta bake	Broccoli and pumpkin seed pesto with feta cheese filling	Potato, pea and courgette frittata
Served with	Green beans and leeks	Mashed potatoes, roasted cabbage and sweetcorn	New potatoes and steamed peas	Baked beetroots and courgettes	Green vegetable medley
	Salad bar				
Low sugar dessert	Fruit salad and yoghurt	Vanilla sponge cake	Fruit salad and yoghurt	Apricot flapjack	Summer berry and coconut smoothie and fruit salad
Fruit	Fresh fruit served daily				
Afternoon tea	Mini bean wraps with salsa and sour cream	Selection of sandwiches and crudités	Vegetable and bean patties with mixed salad and dips	Asian style vegetable noodle salad	Tortilla wraps and potato wedges