| Week 2 - Summer 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<br>Option 1    | Vegetable lasagne                                                                      | Quorn tikka masala                                                   | Classic macaroni<br>cheese                | Tofu chow mein                                       | Margherita pizza                                  |
| Lunch<br>Option 2    | Goats cheese<br>and pea risotto                                                        | Jacket potato<br>with baked beans                                    | Borlotti bean,<br>potato and feta bake    | Jacket potato<br>with baked beans                    | Linguine with tomato<br>and olive sauce           |
| Served with          | Sweetcorn and<br>mixed peppers                                                         | Basmati rice, green<br>beans, mango chutney,<br>raita and naan bread | Cauliflower and<br>roasted leeks          | Chop suey noodles,<br>pak choi and<br>Chinese leaves | Roasted carrots<br>and broccoli florets           |
|                      | Salad bar                                                                              |                                                                      |                                           |                                                      |                                                   |
| Low sugar<br>dessert | Fruit salad<br>and yoghurt                                                             | Beetroot and cacao brownie                                           | Fruit salad<br>and yoghurt                | Apple and berry<br>strudel with<br>cinnamon custard  | Mixed melon and<br>pineapple wedges<br>or yoghurt |
| Fruit                | Fresh fruit served daily                                                               |                                                                      |                                           |                                                      |                                                   |
| Afternoon<br>tea     | Cheese and<br>tomato toasties                                                          | Selection of sandwiches<br>and crudités                              | Chickpea and bean<br>tacos with guacamole | Warm roasted<br>vegetable cous cous<br>salad         | Broccoli quiche                                   |