



Week 3 - Summer 2024

W3	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	Pasta bar - Tomato and basil sauce, pesto and pea sauce, cheese	Vegetable and lentil burritos	Jacket potato with baked beans	Chickpea and carrot burgers, baps and burger toppings	Margherita pizza
Lunch Option 2	Stuffed peppers with a mixed bean and cous cous filling	Mild black bean and sweet potato chilli	Cauliflower and chickpea curry	Penne pasta with tomato and herb sauce	Vegetable tacos
Served with	Garlic bread, peas and courgettes	Salsa, guacamole, sour cream, green beans	Steamed rice and roasted carrots	Potato wedges and sweetcorn	Mixed roasted vegetables
	Salad bar				
Low sugar dessert	Fruit salad and yoghurt	Carrot cake	Fruit salad and yoghurt	Summer berry cheesecake	Fruit salad and yoghurt
Fruit	Fresh fruit served daily				
Afternoon tea	Puff pastry pinwheels	Selection of sandwiches and crudités	Roasted vegetable pasta salad	Vegetable enchiladas	Pitta bread, hummus, crudites and mixed salad