

Week 1 - Summer 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	Daily addition - Greek yoghurt				
Lunch	Carrots, broccoli, butternut squash and potato	Potato, courgette, tomato and avocado	Sweet potato, broccoli, cauliflower and potato	Carrot, cauliflower, broccoli and spinach	Butternut squash, leek, potato and avocado
Lunch fruit	Plum and apricot	Blueberry and strawberry	Mango and banana	Pear and apple	Plum and apricot
Afternoon tea	Courgette, potato, parsnip and swede	Cauliflower, sweet potato, leek and sweetcorn	Parsnip, carrot, spinach and peas	Courgette, butternut squash, swede and tomato	Parsnip, pea, potato and spinach
Afternoon tea fruit	Mango and banana	Pear and apple	Plum and apricot	Blueberry and strawberry	Mango and banana