

Week 3 - Summer 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Spaghetti with cheesy bechamel sauce	Baked vegetable and bean tortillas with guacamole	Vegetarian sausage	Ratatouille pasta bake	Jacket potato with baked beans
Baby lunch alternative		Vegetables and beans with rice	Blended chickpea and vegetable ratatouille with mashed potato		Mashed potato with baked beans
Sides	Broccoli and cauliflower florets	Mild turmeric rice, green beans and soured yoghurt	Potato wedges, sweetcorn, homemade tomato ketchup	Roasted carrots	Grated cheese, steamed peas and cabbage
Low sugar dessert	Banana bread	Fruit salad and yoghurt	Fruit salad and yoghurt	Baked apple wedges with custard + apple puree	Fruit salad and yoghurt
Afternoon tea	Chickpea and sweet potato patties with spinach and tomato salad	Pitta bread pizza slice with cucumber sticks	Roasted vegetable and bulgur wheat salad	Selection of sandwiches and crudités	Scrambled eggs with patatas bravas
Baby tea alternative	Chickpea and sweet potato patties with cucumber sticks	Scrambled eggs with avocado slices		Omelette strips with vegetable sticks	Roasted vegetable pasta salad