

Week 3 - Spring 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Softened carrot sticks	Avocado slices	Beetroot slices	Red pepper sticks	Baby corn
Lunch	Cheesy ratatouille pasta bake	Butternut squash, chickpea and corn cakes	Lentil and carrot shepherd's pie	Homemade super greens pesto and butter bean pasta	Mashed potatoes and sweet potatoes with homemade haricot beans
Sides	Green beans	Steamed peas, guacamole and sour cream	Broccoli florets	Roasted carrots and peppers	Grated cheese and steamed peas
Low sugar dessert	Apples and pears with yoghurt	Rice pudding and berry compote	Strawberry and blueberry yoghurt	Apple, pear and rhubarb crumble with cream	Melon and plum with yoghurt
Crudités of the day	Baby corn	Mange tout	Soft cauliflower florets	Sliced beetroot	Roasted butternut squash wedges
Afternoon tea	Scrambled eggs with toasted bread fingers and avocado	Tomato and basil spaghetti with cheese	Cauliflower and sweetcorn soup with steamed carrot sticks	Courgette and chickpea stew with bulgur wheat	Creamy tomato and mozzarella quinoa risotto