

# Week 2 - Spring 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Vegetable and chickpea biryani	Spring vegetable and lentil lasagne	Pad Thai style tofu stir-fry	Margherita pizza	Cannellini bean and vegetable pasta bake
Sides	Roasted cauliflower and mint yoghurt	Roasted courgettes and peppers	Mixed stir-fried vegetables	Potato salad and leaf salad	Steamed broccoli florets
Low sugar dessert	Melon and plum wedges	Mango and strawberry yoghurt	Banana oat bake	Baked apple	Satsuma and melon Greek yoghurt
Crudité's of the day	Cucumber batons	Avocado slices	Beetroot slices	Mange tout	Sweet potato wedges
Afternoon tea	Potato, cheese and vegetable frittata	Butternut squash and bulgur wheat salad with vine tomato sauce	Sweet potato and coconut soup with a homemade wholemeal bread roll	Lentil and butternut squash dhal, wrap and yoghurt dip	Selection of sandwiches and crudité's