

# Week 1 - Summer 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack</b>	Cucumber sticks	Cheese batons	Softened carrot sticks	Avocado slices	Beetroot slices
<b>Lunch</b>	Spaghetti with homemade basil and rocket pesto	Lentil, tomato and roasted sweet potato salad	Macaroni and cauliflower cheese	Butternut squash, steamed sweet potato and haricot beans	Broccoli and cheese risotto
<b>Sides</b>	Broccoli and grated cheese	Green bean and cannellini bean salad	Steamed peas	Roasted courgettes and grated cheese	Steamed carrots
<b>Low sugar dessert</b>	Apricot yoghurt	Banana cream	Chilled melon sticks	Coconut and mango smoothie	Pineapple and melon medley with yoghurt
<b>Crudité's of the day</b>	Baby corn	Soft cauliflower florets	Red pepper strips	Cooked apple	Cucumber sticks
<b>Afternoon tea</b>	Spanish omelette with homemade tomato dip with cucumber sticks	Potato and leek cakes with spinach and tomato sauce	Vegetable ratatouille with chickpea cous cous and a tomato and mascrapone sauce	Creamy dhal with spinach and carrot sticks	Mixed bean bulgur wheat salad