

Week 3 - Summer 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Softened carrot sticks	Avocado slices	Beetroot slices	Red pepper sticks	Baby corn
Lunch	Chickpea and roasted vegetable bulgur wheat salad	Mixed pepper, butternut squash and chickpea pasta salad	Roasted broccoli, cauliflower, lentil and vine tomato salad	Homemade super greens pesto and cannellini bean pasta	Mild jollof rice salad with carrot sticks and boiled eggs
Sides	Tomato and red pepper sauce with green beans	Avocado	Creamy mashed potato	Roasted carrots and peppers	Steamed peas
Low sugar dessert	Banana cream	Strawberry and blueberry yoghurt	Chilled rice pudding and berry compote	Melon and yoghurt	Banana and mango smoothie
Crudité's of the day	Baby corn	Mange tout	Steamed carrot sticks	Sliced beetroot	Roasted butternut squash wedges
Afternoon tea	Carrot and courgette rice salad with tomato and basil sauce	Cheesy omelette strips with cucumber sticks	Mascrapone and tomato risotto	Sweet potato and carrot lentil cakes with homemade tzatziki	Cauliflower macaroni and cheese