

Week 3 - Summer 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Jacket potatoes and sweet potatoes with homemade haricot beans
Sides	Tomato and red pepper sauce with green beans	Avocado	Baby potato salad and boiled eggs	Roasted carrots and peppers	Grated cheese and steamed peas
Low sugar dessert	Chilled melon	Strawberry and blueberry yoghurt	Chilled rice pudding and berry compote	Melon and yoghurt	Banana and mango smoothie
Crudités of the day	Baby corn	Mange tout	Soft cauliflower florets	Sliced beetroot	Roasted butternut squash wedges
Afternoon tea	Selection of wraps (houmous or cream cheese) with carrot batons	Sweetcorn, pepper and cheese quesadillas with carrot batons	Selection of sandwiches (cheese or egg mayonnaise) with mixed crudités	Sweet potato and carrot lentil cakes with homemade tzatziki	Margherita pizza slice with cucumber sticks