

Menu

Breakfast

A buffet selection of the following:

- Toast and spreads
- Greek Yoghurt
- Wholemeal wheat cereals
- Bananas, apples and grapes

Snack

A daily change from the following selections:

- Cheddar
- Red Leicester
- Mozzarella
- Emmental
- Smoked Cheese

With a side of carbohydrates (crackers, rice cake etc)

Tea

A daily change from the following selection:

- Sun dried tomato pitta bread pizza with olives
- BBQ chicken flat breads with pepper sticks
- Chicken wraps with cucumber sticks
- Croissants & tomatoes

Deli Selection: Breadsticks, meat (chicken slices or ham) and cucumber

A daily change of fruit from the following selection:

- Mixed Berries
- Clementines
- Strawberries
- Honeydew melon & Watermelon
- Apples

Lunches

Week 1

- Monday-** Salmon and Sweetcorn Risotto
- Tuesday-** Beef meatballs with peppers and tomato sauce brown pasta
- Wednesday-** Chicken and cheesy pasta with cauliflower
- Thursday-** Mixed vegetable and white bean casserole with brown rice
- Friday -** Chicken fajitas with fresh tomato salsa and cucumber

Week 2

- Monday** - Paneer and root vegetable curry with naan bread
- Tuesday**- Cod fingers with wedges and peas
- Wednesday**- Sausage and white bean casserole with brown rice
- Thursday-** Chicken sausages in onion and mushroom gravy with sweet potato
- Friday** - Lasagne with wholegrain sourdough and olives

Week 3

- Monday** - Chicken, leek and carrot stew with new potatoes
- Tuesday-** Mediterranean vegetable pasta bake
- Wednesday-** Spaghetti Bolognese with cheesy garlic bread
- Thursday** - Salmon and pea pasta bake with broccoli
- Friday-** Butter chicken curry with jasmine rice

Week 4

- Monday-** Beef chilli con carne with sweet jacket potato and sour cream
- Tuesday-** Chicken and mushroom risotto with fine green beans
- Wednesday-** Cod fingers with wedges and garden peas
- Thursday-** Chicken and sweetcorn cheesy pasta bake
- Friday** - Paneer and butter bean biryani brown rice