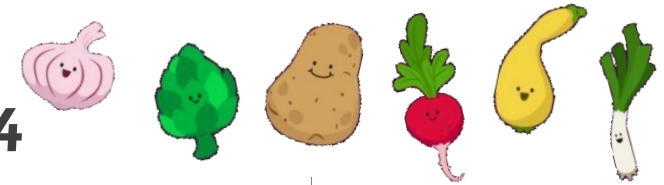


Week 3 - Summer 2024



| W3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|---|
| Breakfast | Monday to Friday: Selection of cereals including Weetabix, Cornflakes, Rice Krispies and toast with fresh fruit Tuesday and Thursday: Porridge | | | | |
| Lunch | Cauliflower macaroni cheese | Crispy teriyaki tofu and vegetable noodle stir fry | Mixed peppers, onion and tomato frittata | Vegetable egg fried rice | Quorn sausages with seasoned potato wedges |
| Served with | Garden peas and corn on the cob | Steamed baby corn and mangetout | New potatoes, garlic ciabatta bread and green beans | Steamed carrots and broccoli | Baked beans and garden peas |
| Low sugar dessert | Greek yogurt with banana slices | Strawberry and banana smoothie | Melon medley | Mixed berries and natural yoghurt | Fruit salad |
| Afternoon tea - all dishes are served with a selection of fresh fruit | Vegetable skewers with pitta bread and tzatziki dip | Grilled cheese toasties with baked beans and corn on the cob | Mediterranean roasted vegetable and lentil bulgar wheat with steamed carrot batons | Assorted sandwiches, crudités and houmous (Egg mayo, cheese and cream cheese sandwiches) | Homemade green pesto pasta and grated cheese and steamed crudites |