

Week 3 - Autumn 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day				
Lunch option 1	Pasta with tomato and basil sauce	Quorn sausage with onion gravy	Sweet potato, spinach and chickpea curry	Plant based burger in a bap	Margherita pizza
Lunch option 2	Pasta with pesto and pea sauce	Lentil and carrot cottage pie	Jacket potato with baked beans	Cheesy pasta	Vegetable tacos
Sides include a salad bar	Garlic bread, grated cheese, peas and courgettes	Mashed potatoes and green beans	Basmati rice and roasted carrots	Potato wedges, sweetcorn and burger toppings	Mixed roasted vegetables
Low sugar dessert and daily fresh fruit	Fruit salad with yoghurt	Zesty orange drizzle cake	Fruit salad with yoghurt	Blueberry cupcakes	Fruit salad with yoghurt
Afternoon tea	Puff pastry pinwheels	Selection of sandwiches and crudité	Pesto pasta salad	Vegetable enchiladas	Pitta bread, houmous, crudites, mixed salad