



Week 1 - Autumn 2024



W1	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	Spaghetti with a lentil bolognese sauce	Vegetarian chilli and rice	Butternut squash and three cheese pasta bake	Courgette and sweet potato lasagne	Homemade margherita pizza
Served with	Carrots, green beans and garden peas	Hard boiled eggs and crushed avocado	Steamed broccoli, garden peas and carrots	Sweetcorn and garden peas	Cheese cubes, olives and hard boiled eggs
Low sugar dessert	Watermelon	Fruit Platter	Mango and peach smoothie	Mixed melon medley	Banana bread and Greek yoghurt
Afternoon tea - all dishes are served with a selection of fresh fruit	Mediterranean butternut squash and bulgar wheat salad served with broccoli and tzatziki dip	Mixed summer vegetable tricolour pasta salad with red leicester cheese batons	Vegetable and kidney bean fajitas with corn on the cob	Cherry tomatoes and scrambled eggs on toast with crushed avocado	Roasted vegetable and chickpea couscous with corn on the cob and homemade tomato sauce