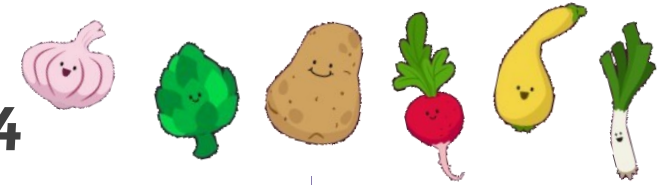


Week 2 - Autumn 2024



W2	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	Pasta with a tomato, lentil and basil sauce	Vegetarian sausages and mashed potatoes	Mixed vegetable butter curry	Sweet potato and green lentil chilli	Homemade green pesto pasta
Served with	Roasted root vegetables and grated cheese	Garden peas and baked beans	White rice, hard boiled eggs, naan bread and yoghurt raita	Steamed rice and roasted cauliflower	Green beans, garden peas and carrots
Low sugar dessert	Fruit salad	Summer fruit smoothie	Melon medley	Summer berries with Greek yoghurt	Frozen yoghurt with mango
Afternoon tea - all dishes are served with a selection of fresh fruit	Scrambled egg on toast with baked beans and crushed avocado	Three bean and rice burritos with cucumber and cheese batons	Margherita puff pastry pin wheels with a garden salad Vegetarian quesadillas with corn on the cob	Vegetarian quesadillas with corn on the cob	Assorted sandwiches, crudités and homemade houmous (Egg mayo, cheese and cucumber and cream cheese sandwiches)