

Week 2 - Autumn 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Daily addition - greek yoghurt

Lunch

Butternut squash,
leek, potato and
avocado

Carrot, broccoli,
butternut squash
and potato

Potato, courgette,
tomato and avocado

Sweet potato,
broccoli, cauliflower
and potato

Carrot, cauliflower,
broccoli and spinach

Lunch fruit

Plum and apricot

Blueberry and
strawberry

Mango and banana

Pear and apple

Plum and apricot

Afternoon
tea

Parsnip, pea,
potato and
spinach

Courgette, potato,
parsnip and swede

Cauliflower, sweet
potato, leek and
sweetcorn

Parsnip, carrot,
spinach and peas

Courgette, butternut
squash, swede and
tomato

Afternoon
tea fruit

Mango and
banana

Pear and apple

Plum and apricot

Blueberry and
strawberry

Mango and banana