	GOWER SCHOOL Week 2 - Winter 2024-2025				
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sweet potato and chickpea tikka masala with naan bread	Soya mince lasagne	Margherita pizza	Egg fried chow mein noodles	Cauliflower macaron and cheese
Baby lunch alternative			Pea and butternut squash risotto		
Sides	Basmati rice, green beans, raita and boiled eggs	Sweetcorn and mixed peppers	Cauliflower, green beans and a crudités selection	Baby corn on the cob and mangetout	Roasted carrots and broccoli florets
Low sugar dessert	Fruit salad and yoghurt	Mango and coconut smoothie	Cinnamon and blueberry rice pudding	Mixed fruit puff pastry pie with orange custard	Fruit salad and yoghurt
Afternoon tea	Cheese and tomato toasties	Leek and potato soup with wholemeal bread rolls and butter	Vegetable and bean stew with cous cous	Selection of sandwiches and crudités	Minestrone soup with cheese b <mark>atons</mark>
Baby tea alternative	Carrot soup, bread strips with cream cheese and cucumber		C. C	Sweet potato soup	Mixed vegetable soup with wholemeal brea rolls and butter