

Week 3 - Winter 2024-2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Spaghetti with tomato sauce	Lentil shepherd's pie	Mild mixed bean chilli with sour cream and avocado	Tomato and basil fusilli pasta bake	Baked potato with baked beans and grated cheese
Baby lunch alternative					Mashed potato with baked beans
Sides	Garlic bread, peas and grated cheese	Green beans and boiled eggs	Steamed rice and roasted carrots	Green vegetable medley	Mixed roasted vegetables
Low sugar dessert	Banana bread	Fruit salad and yoghurt	Fruit salad and yoghurt	Baked apple wedges with custard + apple puree	Fruit salad and yoghurt
Afternoon tea	Puff pastry wheels and mixed salad	Roasted vegetables and chickpeas with cous cous	Selection of sandwiches and crudité's	Potato and mixed pepper fritatta	Red lentil and coconut soup with wholemeal bread rolls and butter
Baby tea alternative	Scrambled eggs and avocado slices		Broccoli and green bean soup with wholemeal bread rolls and butter		