

# Week 1 - Winter 2024-2025

Monday

Tuesday

Wednesday

Thursday

Friday

Daily addition - greek yoghurt

Lunch

Carrots, broccoli, butternut squash and potato

Potato, courgette, tomato and avocado

Sweet potato, broccoli, cauliflower and potato

Carrot, cauliflower, broccoli and spinach

Butternut squash, leek, potato and avocado

Lunch fruit

Plum and apricot

Blueberry and strawberry

Mango and banana

Pear and apple

Plum and apricot

Afternoon tea

Courgette, potato, parsnip and swede

Cauliflower, sweet potato, leek and sweetcorn

Parsnip, carrot, spinach and peas

Courgette, butternut squash, swede and tomato

Parsnip, pea, potato and spinach

Afternoon tea fruit

Mango and banana

Pear and apple

Plum and apricot

Blueberry and strawberry

Mango and banana