

Week One:

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid - morning snack:	Melon and oranges	Cucumber sticks and pepper slices	Pears and bananas	Apples and watermelon	Mixed fruit / vegetable crudités
Lunch:	<p>Salmon Bolognaise</p> <p>Lentil Bolognaise</p> <p>Peas, sweetcorn Spaghetti</p> <p>Fromage frais</p>	<p>Jamaican bean curry</p> <p>Mixed vegetables Couscous</p> <p>Rice pudding with chopped dates</p>	<p>Beef stew</p> <p>Jackfruit and butterbean stew</p> <p>Seasonal vegetables Brown Rice</p> <p>Fromage frais</p>	<p>Cheesy cauliflower, broccoli chickpea bake</p> <p>Homemade garlic bread</p> <p>Carrot, beetroot and sweetcorn mix</p> <p>Fruit salad</p>	<p>Baked potato Mixed bean medley Grated cheese</p> <p>Red cabbage Lettuce Cucumber sticks</p> <p>Melon medley</p>
Afternoon snack:	Breadsticks and hummus	Wholemeal pitta and salmon paste	Toast and guacamole	Oat cakes and oranges	Rice cakes and cream cheese
Afternoon tea:	<p>Homemade pizza</p> <p>Cucumber and pepper crudités</p> <p>Watermelon</p>	<p>Whole meal sandwich selection with filling options: cream cheese, home made tuna paste, yeast spread</p> <p>Shredded apple and sweetcorn mix</p> <p>Oranges</p>	<p>Smashed chickpea and feta mix</p> <p>Tomato pasta</p> <p>Fresh tomatoes Cucumber sticks</p> <p>Sugar free Muesli and chia seed squares</p>	<p>Caribbean confetti rice with tuna</p> <p>Green salad</p> <p>Fromage frais</p>	<p>Bagels</p> <p>Boiled egg and cheesy yoghurt mix</p> <p>Sweetcorn, sultana and seed mix</p> <p>Cheese and crackers</p>

Allergen information is available on request; we have risk assessed our kitchens' allergens & because of the nature of our food operation, we cannot fully guarantee that any food will be completely free from allergens.