



NURTURE, CARE, INSPIRE.

SEASONAL MENU - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	We serve a range of breakfast options every day including cereals, yoghurt and fruit, english muffins, crumpets, toast and porridge.				
Lunch	TOMATO PASTA	CREAMY CURRY	SHEPHERDS PIE	PESTO PASTA	FISH FRIDAY
	<i>Yummy vegetables in a tomato sauce, tossed with pasta and sprinkled with cheese.</i>	<i>Mildly spiced creamy coconut curry with fluffy rice. Chicken or sweet potato.</i>	<i>Loaded with peas, carrots and onions in a rich gravy and topped with creamy mash. Lamb or chickpea.</i>	<i>Homemade basil pesto and broccoli tossed with pasta and baked with parmesan.</i>	<i>Baby spinach and vegetables in a creamy, buttery, cheesy sauce with mash potato and peas. Cod fish or vegetables.</i>
	Crème fraiche and fresh blueberries.	Low-sugar homemade banana cake.	Fresh fruit salad.	Rice Pudding and sultanas.	Low-sugar homemade carrot cake.
	All of our lunches come with vegetables or salad on the side.				
Snacks	Our chefs serve up a choice of healthy and balanced snacks throughout the day including; fresh fruit, cheese, oat cakes, breadsticks, homemade dips of tzatziki and roasted red pepper houmous.				
Tea	Filled rolls with fresh salad. Turkey or cheese.	Baked beans with cheese on wholemeal toast.	Fajita wrap, homemade salsa and coleslaw. Chicken or corn.	Chef's soup of the day with a crusty roll.	Cheese and vegetable frittata with crudites.
	Second servings, yoghurt and fresh fruit is available after tea.				
Drinks	Water is available throughout the day and milk is served with breakfast and snacks.				