

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid – morning snack:	Apple pieces and cucumber batons	Banana and pepper crudites	Shredded peaches with yoghurt	Sliced bananas and apple pieces	Seasonal fruits
Lunch:	Caribbean fish curry Peas Brown rice Greek yoghurt with seasonal fruits	Cheesy cauliflower, broccoli chickpea bake Homemade yoghurt and garlic bread Carrot, beetroot and sweetcorn mix Baked pear and peaches with nutmeg	Sweet and Sour chicken Sweet & sour edamame bean and butterbean Peas Couscous Melon medley	Spinach and lentil dhal Sweet potato Cucumber batons Warm pineapple and custard	Baked potato Mixed bean medley Grated cheese Quartered cherry tomatoes Homemade rice pudding with baked bananas
Afternoon snack:	Mini cheese and chive omelettes	Lentil cakes with home made tuna or mushroom dip	Oatcakes with cheesy bean dip	Homemade crispy tortilla pieces with home made hummus	Breadsticks with cheesy vegetable dip
Afternoon tea:	Whole meal sandwich selection with filling options: cream cheese and home made tomato salsa Shredded apple, date and sweetcorn mix Banana chia compote	Caribbean confetti rice with tuna Green salad with sultanas Crackers and cheddar cheese sticks	Homemade pizza with lentil pizza sauce Cucumber batons and pepper crudités Orange segments	Plain flatbread Boiled egg and cheesy yoghurt mix Sweetcorn, apricot and seed mix Orangey Greek yoghurt	Roasted vegetable and lentil pasta Cucumber and pepper crudités Quartered grapes with cheese batons

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