



WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

A selection of cereals (Cornflakes, porridge, Weetabix) wholemeal toast, fresh fruit bowl with milk or water

Morning snack

Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water

Appetizer: Fresh tomatoes, carrots and cucumber sticks

Lunch

11:30

Shepherd's pie (Quorn)

Pasta with meatballs

Chicken Fajitas

Beef Stroganoff

Cheese and mushroom

Peas and carrots

(Quorn)

Tomato salad

Creamed spinach

omelette

Summer salad

Garlic bread

Fruit salad

Natural yoghurt

Rice pudding

Natural yoghurt

Grapes

Hot Tea

3:30

Split beans and
vegetables bolognaise

Fish (tofu) goujons

Assorted mini-
sandwiches (egg salad,
cucumber and cream
cheese, tuna & mayo)

Vegetable cous cous
with tomato sauce

Tuna pasta bake

Seasonal roast
vegetables

Roasted potatoes

Mixed salad

Black eyed beans and
sweetcorn salad

Natural yoghurt

Sugar-free jam scones

Natural yoghurt

Fruit salad with
vanilla custard

Natural yoghurt

Afternoon snack

Fresh fruit (apples, pears, tangerines, bananas), rice cakes, vegetable sticks, breadsticks with milk or water

