



OUR SAMPLE MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH

Cous cous with tomato & vegetable sauce, veggie "chicken" and broccoli

Fish pie (with salmon and cod) with peas

Lasagna with sweetcorn

Vegetable curry with broccoli

Macaroni cheese with cauliflower

Apples and pears

Melon

Oranges

Bananas

Apples and pears

TEA

Sandwiches (tuna or cheese)
Crudités (peppers, cucumber, carrot)

Homemade root vegetable soup

Homemade croutons and focaccia

Homemade pizza and crudités

Scrambled egg on wholemeal toast

Baked potatoes, baked beans (low salt and low sugar), & cheese

Various fresh fruits, homemade cakes (carrot, courgette or beetroot), flapjacks, brownies and yoghurt