

WEEK 1

Alternatives available for specific dietary requirements

	Monday (Meat Free)	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Daily selection of Homemade Muesli, porridge, Weetabix or wholemeal toast. <b>2 6 7</b>	Daily selection of Homemade Muesli, porridge, Weetabix or wholemeal toast. <b>2 6 7</b>	Daily selection of Homemade Muesli, porridge, Weetabix or wholemeal toast. <b>2 6 7</b>	Daily selection of Homemade Muesli, porridge, Weetabix or wholemeal toast. <b>2 6 7</b>	Daily selection of Homemade Muesli, porridge, Weetabix or wholemeal toast. <b>2 6 7</b>
<b>Mid-morning snack</b>	Apples, Cucumber and Carrot sticks with houmous.	Fresh Seasonal Fruit.	Crackers and Cheese dips with carrot sticks. <b>2 7</b>	Rice cakes with Seasonal Fruit. <b>2</b>	Breadsticks and vegetable sticks with houmous dip. <b>2 7</b>
<b>Lunch</b>	Red Lentil Dhal with Basmati Rice and Cucumber Raita. <b>1 7</b>	Roast chicken with gravy, mini roast potatoes and seasonal vegetables. <b>1 2</b>	Vegetable heavy Bolognese sauce with spaghetti. <b>1 2 7</b>	Turkey Meatballs in Homemade Tomato and Sweet Pepper sauce with Green Vegetables and cous cous. <b>1 2 4</b>	Homemade Fishfingers served with Mushy Peas and Sweet Potato Sticks. <b>2 4 5 6 7</b>
<b>Vegetarian</b>	As above.	Bean and Vegetable Pattie with potatoes, vegetables and gravy. <b>1 2 4</b>	As above. <b>1 2 7</b>	Vegetarian Meatballs in Tomato Sauce and Vegetables. <b>2 7 1 3</b>	Cheese and Mushroom Cakes with Sweet Potato with Vegetables. <b>1 2 4 7</b>
<b>Dessert / second course</b>	Greek Yogurt with Mango Slices. <b>7</b>	Homemade Vanilla Sauce with Winter Berries. <b>7</b>	Cantaloupe and honeydew melon with mint and lime.	Greek Yogurt and Banana. <b>7</b>	Peach and Banana Smoothie. <b>7</b>
<b>Tea / supper</b>	Homemade black bean and vegetable frittatas with a selection of crudites. <b>1 2 4 7</b>	Homemade Winter Vegetable soup with butterbeans. <b>1 2</b>	Homemade Pizza with salad. <b>1 2 7 6</b>	Butternut Squash soup with Sourdough Fingers. <b>1 2 7 6</b>	Tacos with refried beans, guacamole, salsa and sour cream. <b>7 2 1</b>
<b>Vegetarian</b>	As above. <b>1 2 4 7</b>	As above.	Homemade Vegetable Pizza with salad. <b>1 2 7</b>	As above. <b>2 7 6 1</b>	As above. <b>7 2 1</b>
<b>Dessert / second course</b>	Fruit Smoothie. <b>7</b>	Fresh seasonal fruit salad.	Natural Yogurt. <b>7</b>	Slices of Fresh Fruit.	Vegan Banana Muffin.