



Nurture | Care | Inspire

Sample Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	We serve a range of breakfast options every day including cereals, wholemeal toast and porridge.				
Starter	Naan bread with garlic dip	x	Garlic bread	x	x
Lunch	SWEET POTATO & BUTTERNUT SQUASH CURRY	RAGU	VEGETABLE PASTA BAKE	COD FISH CAKES	JERK CHICKEN
	<i>Mild seasoned vegetable curry, served with rice.</i>	<i>Mouth-watering beef, layered in a rich tomato-based sauce and vegetables served with mash. Beef or lentils.</i>	<i>Mozzarella-topped pasta bake with a tomato base and hidden mixed vegetables.</i>	<i>Cod fish cakes served with baby potatoes and broccoli.</i>	<i>Jamaican style chicken in a flavoursome marinade served with rice and peas. Chicken or Quorn fillet.</i>
	x	Oaty flapjack	x	Melon medley	Mango and raspberry smoothie
	All of our lunches and teas are offered with a side of vegetables or salad.				
Snacks	Our chefs provide a selection of morning and afternoon snacks, which include: fresh fruit, cream crackers and spread, rice cakes, breadsticks, oatcakes.				
Tea	Pesto and vegetable tart	Margherita pitta pizzas	Baked beans, wholemeal bread and butter soldiers with cheese	Build your own bagel, selection of ham, turkey, salmon or tuna and cheeses	Leek and macaroni cheese
	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.				

Our chefs will adapt our menu to make suitable weaning options.