

Week 1 of 4 Menu



Monday

B Cereal and organic milk with fruit.

L Fish fingers, potatoes and peas.
Mango and mandarin fool.

D Sweet and sour chicken & rice.
Coconut flapjack.

S Bagel and milk.

N Kcal 989.0 Carb 149.0 Fib 13.1
P 31.4 Sal 1.5 Sug 5.8 Vit C 33.5

Tuesday

B Cereal and organic milk with fruit.

L Bean goulash with rice & vegetables.
Spiced apple cake.

D Broccoli and cheese pasta.
Fruit salad

S Muffin and milk.

N Kcal 974.8 Carb 137.8 Fib 15.7
P 29.2 Sal 1.1 Sug 0.4 Vit C 57.7

Wednesday

B Cereal and organic milk with fruit.

L Shepherd's pie with seasonal vegetables.
Stewed plums and natural yoghurt.

D Homemade pizza with vegetable sticks.
Fruit platter.

S Rice cake and milk.

N Kcal 1037.0 Carb 148.3 Fib 20.9
P 48.1 Sal 1.3 Sug 4.5 Vit C 109.0

Thursday

B Cereal and organic milk with fruit.

L Cauliflower and chickpea curry.
Fruit salad.

D Roast vegetable pasta.
Gingerbread sponge.

S Breadstick and milk.

N Kcal 965.6 Carb 156.3 Fib 18.8
P 31.4 Sal 1.1 Sug 5.5 Vit C 46.2

Friday

B Cereal and organic milk with fruit.

L Creamy chicken & leek hotpot with broccoli.
Banana & cinnamon semolina.

D Spicy butternut squash and parsnip soup.
Fruit platter.

S Pitta and milk.

N Kcal 967.6 Carb 161.6 Fib 16.0
P 42.3 Sal 1.3 Sug 6.2 Vit C 69.0

B – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

All the eggs we serve are free range.



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Week 2 of 4 Menu



Monday

- B** Cereal and organic milk with fruit.
- Sweet potato & pepper tikka with naan.
- L** Fruit sorbet.
- D** Cauliflower and broccoli bake.
Fruity flapjack.
- S** Crackers and milk.
- N** Kcal 1011.2 Carb 179.3 Fib 13.1
P 27.5 Sal 1.4 Sug 4.9 Vit C 81.6

Tuesday

- B** Cereal and organic milk with fruit.
- Green lamb curry with rice.
- L** Lemon cupcake.
- D** Pitta pizza.
Mixed fruit.
- S** Breadsticks and milk.
- N** Kcal 1000.4 Carb 154.9 Fib 15.1
P 27.3 Sal 1.6 Sug 5.3 Vit C 49.3

Wednesday

- B** Cereal and organic milk with fruit.
- Roast chicken dinner.
- L** Date and coconut cookie.
- D** BBQ beef and vegetable pasta.
Strawberry yoghurt.
- S** Rice cake and milk.
- N** Kcal 1050.4 Carb 168.3 Fib 20.6
P 43.9 Sal 1.3 Sug 5.5 Vit C 47.8

Thursday

- B** Cereal and organic milk with fruit.
- Salmon and pea risotto.
- L** Fruited tea loaf.
- D** Roasted vegetable pasta.
Fruit platter.
- S** Bagel and milk.
- N** Kcal 975.7 Carb 176.1 Fib 14.9
P 37.5 Sal 1.3 Sug 10.7 Vit C 57.9

Friday

- B** Cereal and organic milk with fruit.
- Seasonal vegetable stew with brown bread.
- L** Rice pudding.
- D** Jacket potato with mixed bean chilli.
Fruit salad.
- S** Crumpet and milk.
- N** Kcal 990.4 Carb 164.0 Fib 16.8
P 34.0 Sal 1.6 Sug 1.0 Vit C 32.9

B – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

Nutrition guide

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NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

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Week 3 of 4 Menu



Monday

- B** Cereal and organic milk with fruit.
- Thai green chicken curry with rice.
- L** Fruit salad.
- D** Cheesy pasta with carrots and peas.
Cranberry and apricot bite.
- S** Rice cake and milk.
- N** Kcal 968.0 Carb 140.4 Fib 18.2
P 26.1 Sal 0.9 Sug 10.1 Vit C 54.1

Tuesday

- B** Cereal and organic milk with fruit.
- Bean and tomato pasta.
- L** Oat and banana bake.
- D** Jacket potato with cheese & beans.
Fruit selection.
- S** Muffin and milk.
- N** Kcal 1051.5 Carb 170.8 Fib 21.5
P 40.5 Sal 1.2 Sug 3.1 Vit C 70.9

Wednesday

- B** Cereal and organic milk with fruit.
- Vegetable cottage pie.
- L** Seasonal fruit.
- D** Jamaican bean curry and naan.
Chunky muffin.
- S** Breadstick and milk.
- N** Kcal 1013.9 Carb 153.7 Fib 16.1
P 45.5 Sal 1.2 Sug 3.0 Vit C 72.1

Thursday

- B** Cereal and organic milk with fruit.
- Lamb chilli with rice.
- L** Apple sponge.
- D** Fish fingers and beans.
Fruit and natural yoghurt.
- S** Bagel and milk.
- N** Kcal 1044.9 Carb 175.1 Fib 23.5
P 44.5 Sal 1.2 Sug 7.2 Vit C 43.6

Friday

- B** Cereal and organic milk with fruit.
- Fish in parsley sauce & seasonal vegetables
- L** Fruit sorbet.
- D** Beef and vegetable hotpot.
Banana and sultana muffin.
- S** Crackers and milk.
- N** Kcal 964.0 Carb 156.5 Fib 14.3
P 48.2 Sal 1.5 Sug 5.0 Vit C 42.4

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NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

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Week 4 of 4 Menu



Monday

- B** Cereal and organic milk with fruit.
- L** Potato and spinach curry with rice.
Mixed fruit.
- D** Creamy butterbean and garlic pasta.
Carrot cake.
- S** Bagel and milk.
- N** Kcal 1025.4 Carb 187.5 Fib 20.4
P 36.2 Sal 0.9 Sug 14.5 Vit C 58.1

Tuesday

- B** Cereal and organic milk with fruit.
- L** Chicken hotpot.
Banana cookie.
- D** Chilli con carne with jacket potato.
Fruit platter.
- S** Pitta and milk.
- N** Kcal 1086.2 Carb 161.0 Fib 22.0
P 46.5 Sal 1.2 Sug 2.1 Vit C 92.3

Wednesday

- B** Cereal and organic milk with fruit.
- L** Tuna pasta bake.
Peaches and cream.
- D** Butternut squash & carrot soup with bread.
Autumn fruit.
- S** Breadsticks and milk.
- N** Kcal 939.0 Carb 50.9 Fib 17.8
P 40.2 Sal 1.6 Sug 5.2 Vit C 40.9

Thursday

- B** Cereal and organic milk with fruit.
- L** Bean and vegetable ragu.
Fruity pancake bar.
- D** Pitta pizza.
Oat and fruit sundae.
- S** Rice cake and milk.
- N** Kcal 973.7 Carb 161.1 Fib 17.9
P 35.8 Sal 1.8 Sug 1.0 Vit C 40.1

Friday

- B** Cereal and organic milk with fruit.
- L** Beef and vegetable goulash.
Spiced apple cake.
- D** Broccoli and fish pasta.
Fruit salad.
- S** Muffin and milk.
- N** Kcal 1015.1 Carb 14.1 Fib 15.2
P 40.8 Sal 1.2 Sug 0.4 Vit C 120.9

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Vitamin C (Vit C)	

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