

# Spring Menu

WEEK 1	SNACK (AM)	LUNCH	SNACK (PM)	TEA
MONDAY	Natural Yogurt	Mild spinach & chickpea curry with coconut rice	Fresh fruit smoothie Seasonal fruit Crackers Cows milk / Oat milk	Cottage cheese & cucumber sandwiches
TUESDAY	Cereal with milk	Chicken shawarma with homemade pittas Tomato & feta salad  Veg option: Grilled tofu slices	Fresh fruit smoothie Seasonal fruit Crackers Cows milk / Oat milk	Carrot & cheese muffins
WEDNESDAY	Overnight oats	Pasta Primavera with seasonal vegetables	Fresh fruit smoothie Seasonal fruit Crackers Cows milk / Oat milk	Cheese puffs Red pepper & basil dip  Vegetable sticks
THURSDAY	Egg frittata	Chicken & leek pie with new potatoes  Veg option: Leek & mushroom pie	Fresh fruit smoothie Seasonal fruit Crackers Cows milk / Oat milk	Homemade olive bread with garlic butter  Cucumber sticks
FRIDAY	Yogurt with fruit compote	Salmon quiche with peas  Veg option: spinach & pea quiche	Fresh fruit smoothie Seasonal fruit Crackers Cows milk / Oat milk	Tuna & sweetcorn melts

All meals are served with fresh fruit. Dietary requirements, allergies and cultural preferences are fully catered for.