

Week 1 Monday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Pad-Thai with beansprouts & carrots



Option 2: Pad-Thai with chicken, beansprouts & carrots



Option 3: Fried rice pineapple, tomatoes, peas & sweetcorn



Option 4: Fried rice with pineapple, tomatoes, peas, sweetcorn & chicken



Side dish: Cherry tomatoes, cucumber & carrot sticks

2pm



Fruit sorbet

Week 1 Tuesday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Egg mayo sandwich



Option 2: Cheddar cheese sandwich



Option 3: Tuna, sweetcorn & mayo sandwich



Side dish: Sliced tomatoes, cucumber & grated carrot

2pm



Fruit sorbet

Week 1 Wednesday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Jasmine rice, omelet & no-name vegetable fritter



Option 2: Jasmine rice, omelet with sweet/sour chicken



Side dish: Warm mixed peas & sweetcorn

2pm



Fruit sorbet

Week 1 Thursday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Fusilli pasta with vegetable bolognaise



Option 2: Fusilli pasta with chicken bolognaise



Option 3: Fusilli pasta with a creamy mushroom sauce



Side dish: Garlic bread



Side dish: Raw cucumber & carrots

2pm



Fruit sorbet

Week 1 Friday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Pizza margarita



Option 2: Pizza pineapple & tomato



Option 3: Pizza tuna & sweetcorn



Side dish: A simple salad

2pm



Popcorn

Week 2 Monday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Jasmine rice with mild massamn curry



Option 2: Jasmine rice with paloo: boiled eggs & pork
in a sweet dark sauce



Side dish: Broccoli

2pm



Fruit sorbet

Week 2 Tuesday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Mexi jasmine rice with chicken & cheese quesadilla



Option 2: Mexi jasmine rice with veggie & cheese quesadilla



Side dish: Scrambled eggs with spinach & tomatoes



Side dish: Southwestern coleslaw



Side dish: Sweetcorn

2pm



Fruit sorbet

Week 2 Wednesday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Jasmine rice, spring rolls & a minced pork omelet



Option 2: Jasmine rice, spring rolls & an Israeli salad



Side dish: Creamy coleslaw

2pm



Fruit sorbet

Week 2 Thursday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Grilled chicken in a bread wrap with Israeli salad



Option 2: Falafal in a bread wrap with Israeli salad



Side dish: Hummus sauce & pesto sauce

2pm



Fruit sorbet

Week 2 Friday



= Fish



= Meat



= Vegetarian



= Vegan

11am



Selection of freshly sliced fruit

Lunch



Option 1: Corn burgers



Option 2: Chicken burgers



Side dish: Sliced tomatoe, cucumber & grated carrot



Side dish: Homemade roasted chunky chips

2pm



Popcorn