



Meat free Monday

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast Fresh Fruit & Greek Yoghurt	Selection of cereals Green eggs	Toast Fresh Fruit & Greek Yoghurt	Selection of cereals Green eggs	Toast Fresh Fruit & Greek Yoghurt
Snack	Vegetable sticks	Breadsticks and dip	Banana	Rice cake, cream cheese and cucumber	Pear
Lunch	Mushroom and Tofu Carbonara Grilled pineapple with Greek yoghurt	Jacket potato with tuna and sweetcorn Rice pudding	Sheppard's pie and fresh cabbage. Pears	Sweet potato and lentil curry with rice Fruit salad	Salmon, New potatoes and green beans Selection of melons
Dietary Equivalent		Cheese and coleslaw	Mixed bean and lentil Pie		Mixed bean and lentil cakes.
Snack	Melba Toast	Cucumber	Sweet potato wedges and Dip	Cheese and Grapes	Crackers
Tea	Cheese and tomato swirls with boiled egg Apple	Chicken and Avocado Wraps Fruit salad	Homemade Beans on Toast Watermelon	Chicken Caesar salad and garlic bread Natural Yoghurt and berries	Pitta with ham/cheese and veg sticks Oranges
Dietary Equivalent		Avocado and egg wraps		Avocado and egg salad	

