



Meat free Monday

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Avocado on bagel	Overnight oats with berries Toast	Selection of cereals Avocado on bagel	Overnight oats with berries Toast	Selection of cereals Avocado on bagel
Snack	Hummus & vegetable sticks	Breadsticks	Vegetable sticks and dip	Crackers with cheese	Pineapple
Lunch	Quiche with new potatoes and Bean salad Fruit salad	Chicken Enchilada with Broccoli Pineapple sticks	Tomato and Tuna Tagliatelle Fruit and Yoghurt	Lemon and garlic chicken with jacket potatoes & coleslaw Watermelon	Pollock fillets, spring onion mash & salad Poached pear
Dietary Equivalent		Bean Enchilada's	Quorn	Grilled Halloumi	Veggie fingers
Snack	Rice cakes with cream cheese	Apple	Melba Toast with cottage cheese	Boiled egg	Breadsticks
Tea	Falafel pittas with mint & yogurt dressing Watermelon	Bagels with cream cheese salmon and cucumber sticks Mango	Scotch eggs with salad, sliced baguettes & pickle Banana	Potato, Cauliflower chickpeas chana aloo Oranges	Cheese and Ham wraps with Cucumber sticks Fruit salad
Dietary Equivalent			Mini ploughman's		

