



Meat Free Monday

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast Green eggs	Selection of cereals Fresh Fruit & Greek Yoghurt	Toast Green eggs	Selection of cereals Fresh Fruit & Greek Yoghurt	Toast Green eggs
Snack	Cheese straws	Cucumber	Melba toast with cottage cheese	Apple	Rice cakes with spread
Lunch	Butternut squash Tagine with Cous Cous Pears	Chicken stir fry with noodles Melon	Chorizo, Tomato and mozzarella Gnocchi bake Semolina	Salmon with pesto, Mediterranean vegetables and roast potatoes Banana and Custard	Vegetable chilli with rice Apples
Dietary Equivalent		Vegetable stir fry	Tofu Tomato and mozzarella	Stuffed pepper	
Snack	Oranges	Crackers and Cheese	Watermelon	Breadsticks	Mozzarella and tomatoes
Tea	Cheese and onion egg muffins with pitta fingers Strawberries	Fishy toast toppers Pineapple	Turkey and tomato Sandwiches with carrot sticks Fruit salad	Chickpea and sweetcorn cous cous in tomato sauce Oranges	Egg and cress wholemeal Sandwich with cherry tomatoes Yoghurt with pomegranate
Dietary Equivalent		Egg toast topper			