



Meat Free Monday

Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast Overnight oats with berries	Selection of cereals Avocado on bagel	Toast Overnight oats with berries	Selection of cereals Avocado on bagel	Toast Overnight oats with berries
Snack	Apples	Rice cakes with cream cheese	Cucumber with mint & yogurt dip	Crackers with Philadelphia	Pineapple
Lunch	Jacket potato with cheesy coleslaw and homemade beans Banana and chia pudding	Butter chicken curry and rice Fruit salad	Salmon pasta with garden peas Banana Custard	Turkey & lentil tacos Watermelon	Vegetable Quorn bolognaise and garlic bread Fruit salad
Dietary Equivalent		Quorn chicken	Feta and vegetable Pasta	Lentil Tacos	
Snack	Breadsticks	Sweet potato wedges and dip	Cheese and tomato swirls	Oranges	Feta and caramelised onion puffs
Tea	Spicy rice Bean salad Pineapple	Cheese & Tuna potato boats with sour cream & chive dip Banana	Yakitori chicken with potato salad Mango	Wholemeal Pepperoni pizza baguettes with vegetable sticks Natural Yoghurt with summer fruits	Turkey and Tomato wholemeal Sandwiches Apple and Grapes
Dietary Equivalent			Grilled Halloumi	Cheese and Tomato Pizza	Hummus and Tomato

