

Week 1

# MENU

mindful  
**food**  
BOOST YOUR MIND

Monday      Tuesday      Wednesday      Thursday      Friday

## MAINS HAPPY TUMS

Mild chicken curry with peppers and spinach

Italian beef Lasagne  
(G,Mk)

Roast chicken with sage and onion stuffing and gravy  
(G)

Braised beef pie with shortcrust pastry  
(G,Mk,Ce)

Cod fish fingers  
Tartare sauce and lemon wedges  
(G,Mu,F,E)

## VEGGIE MEAT FREE

Homemade pea & potato Samosa steamed Basmati rice, curry sauce  
(G,Mu,Mk,)

Penne pasta with homemade tomato and basil sauce  
(G)

Cream cheese, red onion and spinach pasta bake  
(G,Mk)

Veggie lentil bolognaise, penne pasta and parmesan  
(G,Mk,E)

**Vegan** Chick pea and corn burger with a mango and lime salsa served with  
(G,Se)

## VEG EXTRA GOOD

Bombay vegetables  
Steamed broccoli

Sweetcorn  
Courgettes

Roasted carrots  
Cabbage

Cauliflower  
Green beans

Garden peas  
Baked beans

## CARBS FUEL FOOD

Steamed basmati rice

Garlic focaccia fingers  
(G)

Roast potatoes

Creamy mashed potato  
(Mk)

Baked oven chips

## DESSERT SOMETHING SWEET

Orchard crumble with custard  
(G,Mk)

Eccles cake tray bake with cream  
(G,Su,So,Se,Mk,L)

Butterscotch bread pudding with custard  
(G,Su,So,Se,Mk,E)

Lemon & lime drizzle cake  
(G,E,Mk)

Jam Roly Poly with custard  
(G,So,Mk)

Cold desserts , fresh fruit , fruit yoghurts and sugar free jellies daily.

**APRIL PUMPKIN SEEDS**  
22nd - St George's Day

**MAY RICE**  
27th - Platinum Jubilee Street Party

**JUNE LEAFY GREENS**  
20th - 24th National Picnic Week

**JULY COUS-COUS**



### Dates

18th April, 9th May,  
6th June, 27th June

### Allergens

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide