

Week 2

MENU

mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

MAINS HAPPY TUMS

Turkey strip tacos
sour cream, grated
cheese
(Mk,G)

Spanish style
chicken, chorizo
and potato tray
bake
(So,Mk)

Savoury braised
lamb with cheese
scone dumpling
(G,So,Mk,E,Ce)

Pork butchers
sausages with gravy
(G,Su)

Batter crisp Pollock
fillet, tartare sauce
and lemon wedges
(G,Mu,F,E)

VEGGIE MEAT FREE

Vegetable tacos, sour
cream, grated cheese
guacamole & salad
(Mk,G)

Vegan Puy lentil
shepherd's pie with
sweet potato
(So,G,Ce)

Tomato and
mozzarella
stonebaked pizza
(G,Su,Mu,Mk,Ce)

Indian spiced
vegetable filo strudel
with mango chutney
(G,Mu,Mk)

Oven baked gnocchi
with tomato,
mozzarella & pesto
served with garlic
bread.**(G,So,Mk,E)**

VEG EXTRA GOOD

Rainbow slaw
Sweetcorn

Steamed broccoli
Roasted carrots

roasted kale
cauliflower

Courgettes
Roasted tomatoes

Garden peas
Baked beans

CARBS FUEL FOOD

Mexican tomato rice
(Ce,G)

New potatoes

Creamy mashed
potato **(Mk)**

Baked oven chips

DESSERT SOMETHING SWEET

Apple and cinnamon
pie with shortcrust
pastry and custard
(G,Mk,E)

Banana cake with
cream cheese
frosting
(G,Mk,E)

Sticky toffee pudding
with toffee sauce
(G,Su,Mk,E)

Steamed chocolate
chip pudding with
chocolate sauce
(G,Mk,E,So)

Baked Banoffee
cheesecake
(G,Mk,E)

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

25th April, 16th May, 13th 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