

Week 3

MENU

mindful
food
BOOST YOUR MIND

	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS HAPPY TUMS	Bolognise beef pasta bake with creamy cheddar topping (G,Mk)	Caribbean pork stew with sweet potato and pineapple	Roast Norfolk turkey with apricot stuffing Cranberry sauce & gravy (G,Su,So,Se,Mk)	Sweet and sour chicken with peppers and noodles (G,Su,Se,E,Ce)	Cod fish fingers Tartare sauce and lemon wedges Or jumbo fish finger bap (G,Mu,F,E)
VEGGIE MEAT FREE	Vegan Tandoori cauliflower with taka dhal (G,Mk,Ce)	Layered roasted vegetable, tomato Enchilada pie (G,Mk)	Cherry tomato pesto & mozzarella puff pastry tart (G,Mk)	Spanish omelette with potatoes, cheddar and peas (Mk,E)	Chinese vegetable spring rolls with sweet chilli & coriander sauce (G,So,Se)
VEG EXTRA GOOD	Broccoli Chefs mixed salad	Sweetcorn Courgettes	Curly kale Diced swede	Sweetcorn Green Beans	Garden peas Baked beans
CARBS FUEL FOOD	Garlic bread (G,So,Mk)	coconut rice and peas	Thyme roast potatoes	Steamed rice	Baked oven chips
DESSERT SOMETHING SWEET	Nutless Bakewell tart with custard (G,Mk,E)	Steamed strawberry jam sponge pudding (G,Mk,E)	Italian tiramisu (G,Se,Mk)	Banana and chocolate crumble with custard (G,So,Mk)	Lemon meringue pie (G,Su,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

2nd May, 23rd May, 20th 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