

Spring Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Sourdough and rye bread with cream cheese, overnight oats, chia seeds, fruit & veg sticks GF & DF available	Sourdough and rye bread with cream cheese, overnight oats, chia seeds, fruit & veg sticks GF & DF available	Sourdough and rye bread with cream cheese, overnight oats, chia seeds, fruit & veg sticks GF & DF available	Sourdough and rye bread with cream cheese, overnight oats, chia seeds, fruit & veg sticks GF & DF available	Sourdough and rye bread with cream cheese, overnight oats, chia seeds, fruit & veg sticks GF & DF available
Lunch	Roasted vegetable & chickpea tagine with apricots, giant couscous and pitta bread Fresh fruit GF, DF available	Vegan feta, olive and onion puff pastry pizza with veg sauce, roasted baby potatoes and veg Organic yogurt GF, DF available	Mushroom stroganoff with brown rice and crusty bread Fresh fruit GF, DF available	Super Green wholemeal pasta with courgette, spinach and garlic bread Organic yogurt GF, DF available	Mixed vegetable Biriani with chickpeas, brown rice, tortilla triangles and coconut yoghurt Fresh fruit GF, DF available
Afternoon snack	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks
Tea	A selection of sandwiches and homemade pastries. Sandwich fillings include hummus, avocado, cheese & egg. Includes a mix of fruit and veg nibbles. GF & DF available	Homemade vegetable soup with warm crusty bread. Includes a mix of fruit and veg nibbles. GF & DF available	Black bean Quesadillas with a tomato sauce and melted cheese. Includes a mix of fruit and veg nibbles. GF & DF available	A selection of sandwiches and homemade pastries. Sandwich fillings include hummus, avocado, cheese & egg. Includes a mix of fruit and veg nibbles. GF & DF available	Whatcombe English muffins with a variety of toppings available, incl. avocado, egg and baked beans. Includes a selection of fruit and veg nibbles. GF & DF available