



Spring Menu Week 2

	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	Whatcombe Ramen with smokey tofu, vegetables and udon noodles Fresh fruit GF, DF available	Smoky black bean stew with sweet potato wedges, smashed avocado and tortilla triangles Organic yogurt GF, DF available	Creamy butternut squash macaroni served with a selection of vegetables & garlic bread Fresh fruit GF, DF available	Lentil lattice pie with herby boiled potatoes, mixed vegetables and gravy Organic yogurt GF, DF available	Hidden tofu veggie fried rice with edamame beans and Asian cucumber salad 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
	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. <i>Includes a mix of fruit and veg nibbles. GF & DF available</i>	DIY wholewheat wraps with a choice of fillings including smokey mushrooms, tofu and coconut yoghurt <i>Includes a mix of fruit and veg nibbles. GF & DF available</i>	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