

Winter Menu 1



Weekday	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	A selection of low sugar cereals and milk, Toast with butter or jam	Selection of fresh fruits and milk	Brazilian inspired fish stew in coconut cream with quinoa and brown rice; Low-sugar banana bread	Wrap with cream cheese, vegetable sticks	Caponata pasta, mediterranean vegetables and cheese; Fruit
Tuesday	A selection of low sugar cereals and milk, Toast with butter or jam	Selection of fresh fruits and milk	Moroccan spiced chickpeas with roasted vegetable and rice; Homemade oat cookies	Crackers, vegetable sticks	Spiced carrot and lentil soup; Fruit
Wednesday	A selection of low sugar cereals and milk, Toast with butter or jam	Selection of fresh fruits and milk	Italian beef stew with potato gratin and green vegetable medley; Yogurt	Wholemeal Pitta with hummus, vegetable sticks	Tomato and mascarpone risotto; Fruit
Thursday	A selection of low sugar cereals and milk, Toast with butter or jam	Selection of fresh fruits and milk	Lamb saag (mild Lamb and Spinach Curry that originates from the northwest region of India; Blueberry cake	Rice cakes, vegetable sticks	Mushroom creamy soup; Fruit
Friday	A selection of low sugar cereals and milk, Toast with butter or jam	Selection of fresh fruits and milk	Chicken stew, vegetables with jollof rice; Raisins	Crumpet with butter, vegetable sticks	Warm couscous & courgette salad; Fruit