

Sample Menu

Day	Breakfast	Snack1	Lunch	Snack2	Dinner
Monday	A selection of cereals toast with no sugar fruit jams	Vegetable sticks & bread sticks	Organic minced beef keema carrots, peas, served with rice Fruit	Organic hummus wraps & vegetable sticks served with milk	Organic carrot and tomato soup in chicken broth & toast Yogurt
Tuesday	A selection of cereals toast with no sugar fruit jams	Fruit & oat biscuits	Free range chicken biryani organic carrots, courgette in basmati rice Fruit	Popcorn & vegetable sticks served with milk	Free range chicken & avocado wrap Fruit
Wednesday	A selection of cereals toast with no sugar fruit jams	Cream cheese sandwich & vegetable sticks	Thai curry noodles, organic carrots, coriander, bell peppers Carrot cake	Crackers & vegetable sticks served with milk	Pasta with mushroom in creamy sauce Fruit
Thursday	A selection of cereals toast with no sugar fruit jams	Fruit & scones	Lentil soup blended with potato, carrots, chicken stock & orzo Fruit	Brioche rolls & fruit served with milk	Pizza with broccoli, corn & cheese Fruit
Friday	A selection of cereals toast with no sugar fruit jams	Bagels with cream cheese & vegetable sticks	Swedish meatballs, gravy, broccoli & mashed potato Cinnamon rolls	Rice cakes & fruit served with milk	Egg fritters with courgette Vegetable sticks

Fruit slices : banana, melon ,watermelon .tangerine ,apples ,pears, pineapples ,grapes, raisins

Vegetables sticks bell peppers , carrots ,cucumber, cherry tomato.

All our cakes are reduced in sugar.