

Week 35

Date: 27th August - 31st August 2018



| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | |
|--|--|--|--------------------------|--|---|
| Snack** 10. ⁰⁰ -10. ³⁰ | <i>Cucumber sticks</i> | <i>Cherry tomatoes</i> | <i>Carrot sticks</i> | <i>Cubed Beetroot</i> | <i>Sliced peppers</i> |
| | <i>Sliced melon</i> | <i>Halved apricots</i> | <i>Peaches</i> | <i>Bananas</i> | <i>Kiwis</i> |
| <i>Choice of juice or water plus a carbohydrate</i> | | | | | |
| Lunch*** 12. ³⁰ -13. ¹⁵ | <i>Chicken meatballs°</i> | <i>Pasta with a cheese and courgette sauce</i> | <i>Fried fish°*</i> | <i>Vegetable bouillon with pasta shapes°</i> | <i>Chicken ragout in a rosemary sauce°*</i> |
| | <i>Curry sauce*</i> | <i>Mange-tout</i> | <i>Lemon sauce*</i> | <i>Bread, cheese and cold meats</i> | <i>Brown rice°*</i> |
| | <i>Fried rice with egg°*</i> | <i>Sliced peppers</i> | <i>Salted potatoes°*</i> | <i>Carrot sticks</i> | <i>Romanesco°*</i> |
| | <i>Asian vegetables</i> | <i>yoghurt</i> | <i>Spinach°*</i> | <i>Pear slices</i> | <i>Cherry tomatoes</i> |
| | <i>Carrot sticks</i> | <i>Raspberries</i> | <i>Cucumber sticks</i> | <i>Seed cookies</i> | <i>Pineapple chunks</i> |
| | <i>Apple slices</i> | | <i>Orange wedges</i> | | |
| Afternoon Snack 15. ⁰⁰ -15. ¹⁵ | <i>Choice of fruit tea or water plus a fruit** and vegetable**</i> | | | | |
| Alternative Menu | <i>Spring rolls(AB/AC)</i> | <i>Pasta(PS)</i> | <i>Chicken steak(PS)</i> | | <i>Veggie nuggets(AB)</i> |
| | <i>Rice(AC/PR) chicken</i> | | <i>Falafel(AC)</i> | | <i>Minced Lupin(AC)</i> |

°Lactose Free
*Gluten Free

**all fruits and vegetables are subject to availability
***Lunch is always served with water