

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Overnight oats with Greek yogurt	Toast with cream cheese and smashed avocado	Porridge with raspberry and banana	Mushroom and egg omelet with wholemeal toast	Warm croissant with raspberry compote
Morning Snack	Fruit cocktail and fresh OJ	Mango dip with carrots & cucumbers	Olives with tomatoes and herbs	Strawberry & blueberry smoothie	Pear & Banana fruit salad
Lunch	Salmon with natural tomato sauce pasta	Chicken casserole with roasted vegetables	Korean beef bulgogi stir fry with rice & veg	Lamb mince kebab with pitta bread	Bell pepper risotto with cod
Vegetarian	Tomato sauce pasta with veggie sausages	Lentils & beans casserole with roasted vegetables	Korean veggie bulgogi stir fry with rice & veg	Meatless mince kebab with pitta bread	Bell pepper risotto
Dessert	Sliced mango	Natural yogurt	Banana slices & yogurt	Greek yogurt	Natural yogurt with mango
Afternoon Snack	Crispy homemade vegetable chips	Tuna and/or Mayo sandwich	Baked apple cake	Tropical fruit cocktail	Baked spinach fritters
High Tea	Miso tofu soup with rice	Cauliflower gratin	Macaroni cheese	Green peppers cacerole with beans and rice	Vegetable curry with peas and coconut basmati rice
High Tea Vegetarian	Miso tofu soup with rice	Cauliflower gratin	Macaroni cheese	Green peppers cacerole with beans and rice	Vegetable curry with peas and coconut basmati rice
Dessert	Galia Melon	Fresh orange slices	Strawberries & cream	Pineapple & kiwi fruit salad	Apricot & chia bars

- * Seasonal fruit is available to encourage independence, children will partake in weekly cooking activities which may contribute to their meals making bread, kebabs and the occasional sweet treat.
- * Our menu might change slightly on a daily basis if ingredients are not up to our kitchen's standard, please check Famly for updates.