



Weekly Meal Plan

Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled egg, wholemeal bread with cream cheese and vegetables	Bagels with egg, hummus and carrot sticks	Porridge with fruits	Hummus with bread and peppers	Cream Cheese and Fruit Toast
Lunch	Big beef ragu with spaghetti Big vegetable ragu with spaghetti	Easy peasy veggie risotto	Teeny-weeny turkey burger bites with beetroot, cucumber and chips Vegetarian burguers available	Mega macaroni cheese, with cauliflower.	Tomato soup and orzo pasta
Afternoon snack	Pita bread with hummus and cucumbers	Brioche with mini vegetables	Bread sticks with cheese and banana	Apple oat bar	Rice cracker with full fat cheese cream and olives
Tea	Cheese pita with vegetable salad and hummus	Baked beans on toast and peppers	Scrambled eggs with tomato and bread	Cous cous with veggies	Omelette with toast and salad



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Breakfast	Bagels with hummus and pepper	Rice crispies	Fruit salad with crumpets	Toast with cream cheese and fruits.	Boiled egg with bread, cheese cream and beetroot
Lunch	Moroccan chicken and brown rice Moroccan beans and brown rice	Spinach and pesto spaghetti with cheese	Hearty chicken stew Hearty red kidney beans stew	Tuna Salad with Broccoli and Pasta Egg salad with broccoli pasta	Gulyas soup (beef) Vegetarian gulyas soup
Afternoon snack	Bread sticks, cheese and banana.	Pita bread with cheese cream, egg and melon	Brioche with cheese and veggies	Hummus with carrot batons and toast	Cheese cubes with cucumber and rice cakes.
Tea	Tuna in pita with salad	Omelette with toast and salad	Egg salad sandwich with beetroot	Scrambled eggs with tomatoes and toast	Avocado cream on toast with cucumber and egg



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Breakfast	Porridge with fruit	Pita with cheese cubes and pears	Boiled eggs with wholemeal bread with cheese cream and pepper	Brioche with clementines	Hummus with wholemeal toast and carrot batons
Lunch	Bouncy beef balls with tomato and couscous. Bean balls available	Crispy mushroom tomato pasta with cheese	Tasty thai chicken risotto Tasty Thai vegan risotto	Vegetarian lasagne	Chicken soup Vegetable soup
Afternoon snack	Pita bread with avocado cream, cheese and cucumber	Bagel with hummus, apple and cheese	Breadsticks with cheese and vegetable salad	Cheese cubes with beetroot and rice cracker	Pepper sticks with hummus, cheese and bread stick
Tea	Couscous with vegetables	Scrambled eggs with tomato and wholemeal bread	Tuna sandwich with cucumber	Fried egg with pita and pepper	Avocado cream on toast with cucumber and egg



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Breakfast	Pita with cheese cubes and pear	Cornflakes and banana	Boiled eggs with wholemeal bread with cheese cream and pepper	Brioche with clementines	Hummus with wholemeal toast and carrot batons
Lunch	Fish fingers with smashed potato and green peas Broccoli fingers with potato and baked beans	Egg salad with broccoli pasta	Turkey stew with rice and vegetables Beans stew with rice and vegetables	Salmon frittata with potatoes and vegetables	Vegetable cream soup with rice
Afternoon snack	Bagel with hummus, apple and cheese	Pita bread with butter, cheese and cucumber	Breadsticks with cheese and vegetable salad	Cheese cubes with beetroot and rice cracker	Pepper sticks with hummus, cheese and bread stick
Tea	Couscous with vegetables	Scrambled eggs with tomato and wholemeal bread	Tuna sandwich with cucumber	Fried egg with pita and pepper	Avocado cream on toast with cucumber and egg