Week 1 of 4 Menu

Breakfasts will be available with cereal and milk.
Fruit and Yogurt available as required.

V = Vegetarian option where the standard menu is a meat offering

Monday

Lunch main	Mexican summer pasta
Pudding	Beetroot raspberry brownie
Dinner (Tea)	Salmon and pea risotto
Dinner (Tea) V	Green veg risotto
Snack (pm)	Rice cakes, cream cheese, and cucumber

Todays' menu offers a range of colourful ingredients via added vegetables, a range of plant-proteins, herbs and spices such as using **Beetroot** which is full of **antioxidants** to meet our nutritional rainbow needs.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
945.1	31	11.5	122.7	30	0	40.4	1
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
947.4	27.4	11.9	138.2	31.4	0	34.7	0.9

Tuesday

Lunch (starter)	Breadsticks and houmous
Lunch main	Roast vegetable and red-lentil pasta
Dinner (tea)	Chicken Jambalaya
Dinner (tea) V	Vegetarian Jambalaya
Snack (pm)	Fruit and Cheese

Today's menu offers a range of mood-boosting **beans** and **lentils** which are a great source of **B-Vits** and provide the **amino acid Tryptophan** which aids the neurotransmitter **Serotonin** which helps us to feel calm, content and happy.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
946.6	23.1	10.5	137.1	35.4	0	44.5	1
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
986.6	23.1	10.4	155.4	35.6	0	36.3	1.3

Week 1 of 4 Menu

Wednesday

Lunch main	Chicken and pepper fajitas with avocado
Lunch V	Butternut squash, red pepper and quinoa fajitas
Pudding	Banana wheels
Dinner (tea)	Jacket potato with cheese and beans
Snack (pm)	Breadsticks and veg sticks with beanie dip

Today's menu offers a great range of protein which is essential for healthy growth and development. Chicken is a **complete protein source** meaning it contains all **essential** amino acids, the chicken is lean and full of additional vitamins, minerals and Essential Fatty Acids.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1142.7	37	15.7	151.8	39.6	0	48.2	1.4
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1173.9	37.8	15.8	162.5	41.2	0	43.4	1.4

Thursday

Lunch (starter)	Rainbow veg and cheese slice
Lunch main	Lentil moussaka
Dinner (tea)	Chicken and pepper risotto
Dinner (tea) V	Bean and pepper risotto
Snack (pm)	Fruit and breadsticks with houmous

Today's menu offers bone-boosting benefits. Lentils are a good source of **Iron** to support bone-health but this plant-based **Iron** needs **Vitamin C** to be absorbed, hence the combinations of **Vitamin C** rich tomatoes and peppers. Aubergine which is the main ingredient in the moussaka is a good source of vitamin K, which has a key role in bone health.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1278.5	35.9	16.3	168.2	33.5	0	64.9	2.3
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1072	34.7	16	128.7	33	0	52.7	2.2

Friday

Lunch (starter)	Breadsticks and veg sticks with beanie dip
Lunch main	Salmon and broccoli pasta
Lunch V	Super green pasta
Dinner (tea)	Bean stir fry with coriander rice
Snack (pm)	Crackers with cream cheese and pineapple

Today's menu offers brain-boosting benefits in the form of the **Salmon**. Salmon is considered an Essential Fatty Acid (EFA) and is a great source of EPA and DHA both are essential for the development of the brain.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1072.4	30.6	11.3	148.3	28.4	0	40.5	1.1
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1069.6	32.5	8.4	150.3	27.4	0	33.1	1

Week 2 of 4 Menu

Breakfasts will be available with cereal and milk.
Fruit and Yogurt available as required.

V = Vegetarian option where the standard menu is a meat offering

Monday

Lunch main	Pasta bolognese
Lunch V	Lentil bolognese
Pudding	Carrot and date slice
Dinner (tea)	Chilli beans with jacket potato
Snack (pm)	Crackers with cream cheese and pineapple

Today's menu offers a great range of protein which is essential for healthy growth and development. Beef contains all **essential** amino acids along with being a great source of **Iron** helping to transport oxygen to the body and brain.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1059	28.1	13.7	156	57.4	0	40.1	1.8

Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1009.7	24.8	12.3	156.3	55.4	0	36.8	1.7

Tuesday

Lunch (starter)	Rice cakes with cream cheese and cucumber
Lunch main	Sweet potato pepper tikka
Dinner (tea)	Moroccan lamb with orzo
Dinner (tea) V	Moroccan grilled vegetables with orzo
Snack (pm)	Vegetable sticks and houmous

Today's menu offers **mood-boosting** benefits from dairy products – these are a great source of **Tryptophan** – this aids the neurotransmitter Serotonin which helps us to feel calm, content, and happy. The sweet potato and pepper boosts intake of **vitamin A** which supports our nervous system.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1180.6	25.8	10.6	178.9	41.6	0	48.2	1.4

Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1221	23.6	9.2	193.3	46.1	0	47.2	1.5

Week 2 of 4 Menu

Wednesday

Lunch main	Lentil roast dinner
Pudding	Carrot and date slice
Dinner (tea)	Sandwich platter with vegetable sticks
Dinner (tea) V	Veggie sandwich platter with vegetable sticks
Snack (pm)	Crackers with beanie dip

Today's menu offers a range of colourful ingredients via a range of plant-proteins, veggies, herbs and spices such as using **dates** which are naturally sweet and contain **potassium** and **magnesium** which support **brain health** and **antioxidants** which support **immune function** and meets our nutritional rainbow needs.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1168.6	27.7	11.2	163.8	52.6	0	53.9	1.7
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1273.3	36.3	16.2	165.1	52.4	0	61.1	2.1

Thursday

Lunch main	Beef and spinach curry with rice
Lunch main V	Lentil, potato, and spinach curry
Pudding	Beetroot raspberry brownie
Dinner (tea)	Creamy butternut pasta
Snack (pm)	Rice cakes, cream cheese, and cucumber

Today's menu offers brain-boosting benefits in the form of the **Beef**. Beef is a great brain food as it is high in **Iron** and **Zinc**. **Iron** helps brain cells grow and helps with learning and remembering. **Zinc** helps our brain to send messages and to make things make sense.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1184.5	50.7	17.1	167.3	34.1	0	47.1	1.1
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1220.5	34.3	16.2	177.7	34.8	0	44.8	1.1

Friday

Lunch (starter)	Spicy chickpea dip with pitta
Lunch main	Creamy tuna and potato gratin
Lunch V	Creamy bean and potato gratin
Dinner (tea)	Sweet and sour chicken with veg and noodles
Dinner (tea) V	Sweet and sour quorn with veg and noodles
Snack (pm)	Fruit and cheese

Today's menu offers bone-boosting benefits. **Tuna** is great for bone-development as it is a great source of **Vitamin D** which helps the body absorb calcium. **Tuna** also supports brain development because of its' **Omega 3 fatty acid** content. **Chicken** is a great source of **Vitamin B12** which supports **bone cell development**, along with **B6** and **B3** both supporting bone health.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1028	26.3	13.3	140.5	38.5	0	56.1	2.5
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1023.7	26.1	13.2	147.4	38.3	0	45.1	2.4

Week 3 of 4 Menu

Breakfasts will be available with cereal and milk.
Fruit and Yogurt available as required.

V = Vegetarian option where the standard menu is a meat offering

Monday

Lunch (starter)	Rainbow veg and cheese slice
Lunch main	Mild fruity chicken curry with rice
Lunch main V	Mild fruity vegetable curry with rice
Dinner (tea)	Homemade pizza with vegetable sticks
Snack (pm)	Breadsticks and veg sticks with beanie dip

Today's menu offers a great range of protein which is essential for healthy growth and development. Butterbeans are a great plant-based protein source. **Cheese** and **Yogurt** are great dairy proteins which add in lots of vitamins and minerals to support overall health and development.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1068.3	36.6	14.7	130.7	28.7	0	48.5	2.1
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1061.5	35.1	14.5	135.7	35.8	0	44.7	2.1

Tuesday

Lunch main	Sardine bolognese
Lunch V	Lentil bolognese
Pudding	Carrot and date slice
Dinner (tea)	Jacket potato with cheese and beans
Snack (pm)	Oatcakes with cream cheese and cucumber

Today's menu offers bone-boosting benefits. **Sardines** are a super bone building fish. They are rich in **Calcium**, a great source of **Vitamin D** which helps the body absorb calcium. They are also packed with **Omega 3 fatty acids** which support bone density by enhancing calcium absorption.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1192.9	28.4	13.2	188.3	56	0	44.9	2.3
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1194.4	27.5	12.9	190	57.2	0	44.6	2.2

Week 3 of 4 Menu

Wednesday

Lunch (starter)	Spicy chickpea dip with pitta
Lunch main	Butterbean alfredo
Dinner (tea)	Paprika chicken stew with rice
Dinner (tea) V	Paprika chickpea stew with rice
Snack (pm)	Cheese and Marmite pinwheel

Today's menu offers a range of colourful ingredients via a range of plant-proteins, veggies, herbs and spices such as **Chickpeas** which are an excellent source of **plant-protein** and packed with **antioxidants** to meet our nutritional rainbow needs and support overall health.

Nutritional Information (Standard Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1225	35.1	17.9	165.1	26.5	0	57.3	2

Nutritional Information (Vegetarian Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1259.3	36	18	176	26.6	0	51.5	2

Thursday

Lunch main	Chicken roast dinner
Lunch V	Quorn roast dinner
Pudding	Tropical slice
Dinner (tea)	BBQ chickpeas with noodles
Snack (pm)	Oatcakes with cream cheese and cucumber

Today's menu offers a range of mood-boosting ingredients – **Vegetables** contain prebiotic fibres that feed the beneficial bacteria in the gut, and our gut health supports our mood. **Chicken** is a good source of various **B vitamins**, including vitamin **B6** and **vitamin B12**, which play important roles in **brain function** and **mood regulation**.

Nutritional Information (Standard Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1138.6	38.3	15	140.8	32.3	0	52.8	3.4

Nutritional Information (Vegetarian Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1114	37.8	14.8	145.7	32.1	0	43.4	3.2

Friday

Lunch (starter)	Lentil crisps with cucumber and tzatziki
Lunch main	Fish curry with rice
Lunch V	Bean curry with rice
Dinner (tea)	Macaroni cheese with broccoli and peas
Snack (pm)	Fruit and cheese

Today's menu offers bone-boosting benefits. Butterbeans, milk and cheese are all rich in **Calcium**, a great source of **Vitamin D** which helps the body absorb the calcium.

Nutritional Information (Standard Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
908.9	37.1	25	93	34.9	0	48.1	1.3

Nutritional Information (Vegetarian Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
877.9	37	24.9	98.4	36.1	0	34	1.4

Week 4 of 4 Menu

Breakfasts will be available with cereal and milk.
Fruit and Yogurt available as required.

V = Vegetarian option where the standard menu is a meat offering

Monday

Lunch main	Tuna pasta bake
Lunch V	Soya (Edamame) bean pasta bake
Pudding	Tropical slice
Dinner (tea)	Mushroom Risotto
Snack (pm)	Fruit, breadsticks and houmous

Today's menu offers brain-boosting ingredients in the form of the **Tuna** and **Mushrooms**. Both are excellent sources of **protein**. Both contain **Vitamins B6** and **B12**, **Zinc** and **Iron** which support overall brain function. **Tuna** is a good source of **Omega 3 Fatty Acids**, these are crucial for brain development.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1043.7	35.3	15.3	127.8	31.2	0	49.5	1.7
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1070.2	38.7	15.6	128.1	30.4	0	49.2	1.4

Tuesday

Lunch (starter)	Rainbow veg and cheese slice
Lunch main	Bean goulash with bread roll
Dinner (tea)	Chicken madras, mango coleslaw and rice
Dinner (tea) V	Sweet potato madras, mango coleslaw and rice
Snack (pm)	Fruit and cheese

Todays' menu offers a great range of plant-based **proteins** with a range of **beans**. **Cheese** and **eggs** are great dairy proteins which add in lots of vitamins and minerals to support overall health and development. The sweet potato and pepper boosts intake of **Vitamin A** which supports our nervous system.

Nutritional Information (Standard Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1130.6	34.6	15.6	143.2	44.5	0	54.5	2.3
Nutritional Information (Vegetarian Menu)							
Kcal	**Fat (g)**	**Satd Fat (g)**	**Carbs (g)**	**Total Sugars (g)**	**Added Sugars (g)**	**Protein (g)**	**Salt (g)**
1193.8	35.2	16.2	163.4	49.2	0	51.3	2.7

Week 4 of 4 Menu

Wednesday

Lunch main	Lamb chilli with avocado slices
Lunch V	Vegetable chilli with avocado slices
Pudding	Banana wheels
Dinner (tea)	Jacket with salmon, broccoli and sweetcorn
Dinner (tea) V	Jacket with cheese, carrot and apple
Snack (pm)	Oatcakes with cream cheese and cucumber

Today's menu offers bone-boosting benefits. **Lamb** is a great source of **Vitamin B12** which supports bone cell development, along with **B6** and **B3** both supporting bone health. **Lamb** also contains phosphorus, zinc, and selenium all supporting bone health. **Salmon** is a superfood for bone development due to high levels of **Omega 3 fatty acids** and **Vitamin D**.

Nutritional Information (Standard Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1101.5	42.1	13.6	127.5	31.4	0	47.3	1.4

Nutritional Information (Vegetarian Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1005	39.1	15.1	121.4	32.7	0	35.9	1.4

Thursday

Lunch (starter)	Spicy chickpea dip and crackers
Lunch main	Double pepper chicken with pasta
Lunch main V	Double pepper chickpeas with pasta
Dinner (tea)	Pitta pizza with vegetable sticks
Snack (pm)	Oaty bites and cup of milk

Todays' menu offers a range of colourful ingredients via a range of plant-proteins, such as **chickpeas**, these are a versatile **plant-protein** which also contain **prebiotics** which aid **digestion** and **promote gut-health**. Multiple veggies add an abundance of vitamins, minerals and antioxidants, which can be found in the vegetable sticks.

Nutritional Information (Standard Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1002.6	29.6	13.7	132.8	30.3	0	45.7	1.1

Nutritional Information (Vegetarian Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
999.3	28.7	13.4	139	30.3	0	40.2	1.1

Friday

Lunch main	Lentil cottage pie
Pudding	Beetroot raspberry brownie
Dinner (tea)	Fish fingers and homemade beans
Dinner (tea) V	Vegetarian sausages and homemade beans
Snack (pm)	Crumpet with marmite and cheese with banana milkshake

Today's menu offers a range of mood-boosting ingredients – **Lentils** are a great source of **Vitamin B9** which can help to regulate serotonin and dopamine levels which influence a 'good mood'. **Fish** is a **complete protein source** containing all **essential** amino acids to support overall health and well-being.

Nutritional Information (Standard Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1053.7	38.6	17.8	124.6	43.9	0	49.5	2.2

Nutritional Information (Vegetarian Menu)

Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1060.6	40.2	18.6	122.5	45.3	0	47.1	2