

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	😊

Today's 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)

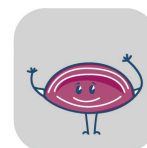
Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
986.6	23.1	10.4	155.4	35.6	0	36.3	1.3

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

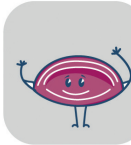
Week 2 of 4 Menu

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 lamb bolognese		Today's menu offers a great range of protein which is essential for healthy growth and development. Lamb contains all essential amino acids along with being a great source of Iron helping to transport oxygen to the body and brain. 				
Lunch V	Lentil bolognese						
Pudding	Carrot and date slice						
Dinner (tea)	Chilli beans with jacket potato						
Snack (pm)	Crackers with cream cheese and pineapple						
Nutritional Information (Standard Menu)							
Kcal	Fat (g)	Satd Fat (g)	Carbs (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Salt (g)
1059.6	27.5	13.5	156.8	57.6	0	40.2	1.7
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	Chicken 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 chicken. Chicken 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)
1160.2	30.2	13.3	167.3	34.1	0	48.6	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

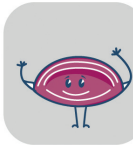
Week 3 of 4 Menu

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		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. 				
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						
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		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. 				
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						
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

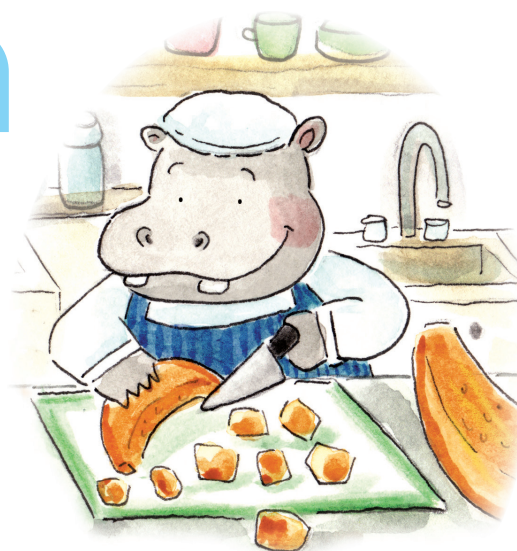
Nutritional Information (Vegetarian Menu)

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. 🌈

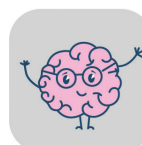
V = Vegetarian option where the standard menu is a meat offering



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

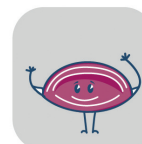
Nutritional Information (Vegetarian Menu)

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	

Today's 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	

Today's 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