

MENU

BREAKFAST

YOGURT AND BANANAS W/ GRANOLA OR RAISINS (OPTIONAL)

QUESADILLAS

PORRIDGE AND RAISINS

BEANS ON TOAST

SCRAMBLE EGGS WITH SPINACH, SPRING ONIONS AND MELTED CHEESE

LUNCH

MONDAY: SPAGHETTI BOLOGNESE

(OTHER INGREDIENTS: ONIONS, CARROTS, PEAS, CELERY)

TUESDAY: MEXICAN STYLE RED RICE MIXED WITH VEGETABLES

(BASMATI RICE COOKED WITH TOMATO SAUCE MIXED WITH BELL PEPPERS, MUSHROOMS AND LEEK)

WEDNESDAY: QUINOA, ROASTED VEGETABLES AND ROASTED SALMON

(VEGETABLES ARE: RED AND YELLOW PEPPERS, RED ONION, GREEN BEANS AND PEAS)

THURSDAY: RED LENTILS AND YELLOW PEAS STEW

(OTHER INGREDIENTS: TOMATO SAUCE, CARROTS, ONIONS, GARLIC, BAY LEAVES AND CELERY)

SNACKS

**RICE CAKES, RAISINS, APPLES, ORANGES, BANANAS, GRAPES,
BREADSTICKS**
