

SAMPLE MENU



We do not add salt into any of our dishes, however sometimes there may be salt already in ingredients such as stock cubes & tomato puree.
 We do not add any refined sugar to any of our deserts and when it's needed for taste, we use natural fruits to sweeten them!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheese & Broccoli Quiche, Baked Potato, Homemade Baked Beans Steamed Peas & Sweetcorn Milky Vanilla Rice Bowl	Sweet Potato & Lamb Shepherd's Pie Steamed Broccoli & Green Beans Blueberry Crumble w/ Milk Custard	Apricot & Bean Chicken Tagine w/ Steamed Carrots & Sweetcorn Rice Sliced Banana w/ Milk Custard	Salmon & Broccoli Pasta Bake w/ Sweetcorn & Steamed Carrots Fresh Fruit Grazing Board (Mangos, Strawberries & Kiwi's)	The Ruby Murray Roasted Red Pepper & Sweet Potato Curry w/ Peas & Turmeric Rice Organic Little Yeo Yoghurts
Week 2	Flaked Cod Baby Tomatoes & Spinach Skins on Mash, Steamed Broccoli & Peas Peach Shortcake w/ Milk Custard	Slow Roasted Chicken, Rosemary Potatoes, Broccoli & Cauliflower Cheese & Steamed Carrots Organic Little Yeo Yoghurts	Vegan Bean Chilli (Beans, Mushrooms, Carrots & Tomatoes) w/ Rice, Peas & Swede Mash Banana, Blueberry & Oat Muffins w/ Milk Custard	Beetroot & Chickpea Turkey Burgers Potato Wedges, Sweetcorn & Homemade Baked Beans Fruity Salad w/ Yeo Valley Yoghurt	Organic Beef Lasagne Steamed Broccoli & Streamed Carrots Baked Pears & Cinnamon w/ Yeo Valley Yoghurt