



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All meals are served with fruit tea, water or water with: lemon, ginger and honey, lemon and mint or lemon. Dry snacks = wafers, rice cakes, vegetable crackers and seeded crackers A small snack at 16.30 is also given				
Breakfast 9:00	Warm Oat or Millet Porridge with Fruit Compote, yoghurt, toast, cheese, tomatoes, cucumber Fridays: Pancakes				
Morning Snack 10:30	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
Lunch 12:00	Pasta in a Pesto, Olive & Tomato Sauce with Carrots & Peas	Feta & Spinach Frittata with Boiled Potatoes and Crudites	Kopytka with Berries Jam, Apple & Cinnamon Mousse and Natural Joghurt	Millet and Vegetable Kotleczyki with Broccoli and Potato Wedges	Pasta, Sweetcorn and Kidney Beans Bake in a White Sauce with Cucumber and Grated Carrots
Afternoon Snack 14:30	Soup of the Day, Dry Snacks	Soup of the Day, Dry Snacks	Soup of the Day, Dry Snacks	Soup of the Day, Dry Snacks	Soup of the Day, Dry Snacks

We use brown and white bread, brown rice, barley and groats, brown and white pasta, wholemeal flours, little salt, no sugar\*, and full fat milk.

Vegan and gluten free meals can be prepared.

\*brown sugar is offered with pancakes



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Lunch 12:00	Pasta in a Pesto, Olive & Tomato Sauce with Carrots & Peas	Vegetable Risotto with Peppers and Cauliflower	Vegetable Quiche with Carrots and Cucumber	Lentils Vegetable Burgers with Sweet Potatoes and Peas	Our Special Pizza with Potato Chips and Crudites
Afternoon Snack 14:30	Soup of the Day, Dry Snacks	Soup of the Day, Dry Snacks	Soup of the Day, Dry Snacks	Soup of the Day, Dry Snacks	Soup of the Day, Dry Snacks

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