

# RAISED IN MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Grissini & pesto with tomatoes Fruit selection	Flat bread & hummus with cucumber Fruit selection	Rice cakes, tomato & cream cheese Fruit selection	Savoury chapati cheese swirls Fruit selection	Overnight oats with mixed berries Fruit selection
<b>Lunch</b>	French sausage & bean cassoulet or Courgette, bean & tofu cassoulet (v) With broccoli & carrots	Nigerian jollof rice with chicken or Quorn & chickpea jollof rice (v) With peas & braised cabbage	Lamb kofte pitta pockets or Falafel pitta pockets (v) With Greek salad & sweetcorn	Fish pie or Veggie cottage pie (v) With carrots & peas	Pizza with tomato, chicken ham & mozzarella or Pizza with tomato, basil & mozzarella (v) With coleslaw & sweet potato wedges
<b>Dessert</b>	Apple tart tatin with clotted cream Fresh fruit available	Pineapple & cherry sponge with custard Fresh fruit available every day	Chocolate mousse crunch Fresh fruit available every day	Courgette cake with lemon mascarpone Fresh fruit available every day	Pear crumble Fresh fruit available every day
<b>Mid Afternoon Snack</b>	Oat cakes & cottage cheese	Crostini with smoked salmon pate	Wholemeal banana bread	Crackers & smoked mozzarella	Bread sticks & bean dip
<b>Afternoon Tea</b>	Butternut squash frittata with bean salad	Pizzetta with green salad	Club sandwich platter with crudite	Cheese & onion puffs with potato salad	Sweet potato, feta & lentil salad

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# RAISED IN MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Rice cakes, tomato & cream cheese Fruit selection	Flat bread & hummus with cucumber Fruit selection	Savoury chapati cheese swirls Fruit selection	Overnight oats with mixed berries Fruit selection	Grissini & pesto rosso Fruit selection
<b>Lunch</b>	Spaghetti bolognese or Spaghetti quorn bolognese (v) With peas & broccoli	Goan coconut lamb curry with rice or Coconut pumpkin curry with rice (v) With roast cauliflower & boiled carrots	Chicken sausage & gravy or Quorn sausages & veggie gravy (v) With mash, green beans & sweetcorn	Japanese stir fried chicken noodles or Japanese stir fried vegetable noodles (v) With cabbage & minty courgettes	Mexican beef burrito or Mexican veggie lentil burrito (v) With coleslaw & peas
<b>Dessert</b>	Apple pie & custard Fresh fruit available every day	Sicilian lemon polenta cake Fresh fruit available every day	Vanilla chocolate 'Tiramisu' Fresh fruit available every day	Vegan chocolate torte Fresh fruit available every day	Fruit jelly with whipped cream Fresh fruit available every day
<b>Mid Afternoon Snack</b>	Crackers & red pesto	Tortilla chips & salsa	Cheddar cheese twists	Crudité & hummus	Crisp bread & herby cream cheese
<b>Afternoon Tea</b>	Onion bhajis, tzatziki & naan	Sweetcorn & mayonnaise pasta salad	Ploughman's board	Tuna Nicoise salad	Tomato & Mozzarella calzone

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# RAISED IN MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Grissini & pesto with tomatoes Fruit selection	Flat bread & hummus with cucumber Fruit selection	Overnight oats with mixed berries Fruit selection	Savoury chapati cheese swirls Fruit selection	Rice cakes, tomato & cream cheese Fruit selection
<b>Lunch</b>	Braised beef & vegetable pie or Leek & mushroom pie (v) With braised cabbage & broccoli	Spanish chicken paella or Veggie quorn paella (v) With roast tomatoes & beans	Haddock & potato chowder or Sweetcorn & potato chowder With garlic bread, peas & carrots	Spaghetti meatballs or Spaghetti pomodoro with veggie balls With ratatouille & chopped salad	Fish & chips or Veggie bites & chips Peas & baked beans
<b>Dessert</b>	Raspberry ripple cheesecake Fresh fruit available every day	Peach, yoghurt & granola Fresh fruit available every day	Rice pudding with fruit compote Fresh fruit available every day	Ricotta cannoli Fresh fruit available every day	Chocolate cake Fresh fruit available every day
<b>Mid Afternoon Snack</b>	Crackers with roast pepper hummus	Patatas bravas	Boiled eggs & herb mayo dip with crackers	Flatbread & mozzarella	Crudité with tuna mayo
<b>Afternoon Tea</b>	Potato tortilla with Greek salad	Pasta pomodoro salad	Cheese & cucumber wrap with tortilla chips & tomatoes	Butternut squash & pulse salad	Pizzetta with mixed salad

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