

Monday	Tuesday	Wednesday	Thursday	Friday
Morning break	Morning break	Morning break	Morning break	Morning break
Cheese cracker	Chicken Caesar wholegrain wrap	Cheese wholemeal baguette	Apple & oat bar	Popcorn
Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	Pre-Prep hot counter	
Grilled chicken breast	Chilli con carne & mixed bean	Chicken & chickpea cacciatore	Brazilian braised pork	
Plant based	Plant based	Plant based	Plant based	
Grilled tempeh	Mixed bean & sweet potato chilli	Tofu cacciatore	Brazilian lentil & tempeh stew	
Sides	Sides	Sides	Sides	
Noodles Stir-fried broccoli Roasted carrots Umami tomato sauce	Steamed wholegrain rice Glazed corn Green beans	Garlic infused bread Roasted tomato sauce Wholegrain penne Peppers & aubergine Broccoli	Pinto beans Rice & black beans pilaf Spiced sweetcorn Chimichurri Couve refogada	
Carrot & cucumber sticks	Cherry tomato & cucumber sticks	Carrot & cucumber sticks	Cherry tomato & cucumber sticks	
Daily dessert	Daily dessert	Daily dessert	Daily dessert	
Mango mousse	Peach cobbler & cream	Fresh yoghurt pot topped with mixed berries	Banana, pineapple & coconut cake	
Selection of whole & cut fruit	Selection of whole & cut fruit	Selection of whole & cut fruit	Selection of whole & cut fruit	