

Mulberries and Willows Weekly Menu Planner

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with Mixed Berries Drink: Oat milk/Water	Toasted Crumpet with Mango Purée and Greek yoghurt Drink: Water/Milk	Selection of Cereal with Toast and Fruits Drink: Milk/Water	Pancakes with Bananas Drink: Water/Oat Milk	Toasted Wholemeal Bread with Scrambled Eggs Drink: Milk/Water
Morning Snack	Seasonal fruit platter				
Lunch and Pudding	Saffron Rice with Cod and Salad Pudding-: Apples and Pears	Chicken Stroganoff with Mash Potatoes and Peas Pudding-: Melon and Banana	Salmon and Broccoli Pie with Steamed Carrot Pudding-: Apple slice tossed in cinnamon.	Vegetable Lasagne with Garlic Bread Pudding-: Fruit Cocktail	Herby Rice with Chicken in Tomato Sauce Pudding-: Blueberry Puree with Yoghurt
Rolling snack	Selection of vegetables with hummus and breadstick (optional fruits)				
Tea	Creamy Cauliflower Soup with Toasted Bread	Vegetable Rice with Salad	Tomato and Cheese Pasta with Broccoli	Grilled Cod with Sauteed Potatoes and Carrots	Vegetable Bolognese with Salad
Afternoon Snack	Greek yoghurt /Coconut yoghurt/Fresh fruits / Rice cake/ Oat cake				
All dietary requirements will be catered for; this includes allergies, parental preferences and religious considerations.					