

Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muesli base (no nuts) with dried and fresh fruit with milk Wholemeal toast, sugar free jam (no artificial sweeteners); 100% fruit juice which is served 1:5 water.	Scrambled eggs on Wholemeal toast, sugar free jam (no artificial sweeteners); 100% fruit juice which is served 1:5 water.	Muesli base (no nuts) with dried and fresh fruit with milk Wholemeal toast, sugar free jam (no artificial sweeteners); 100% fruit juice which is served 1:5 water.	Natural yoghurt with fruit salad. Wholemeal toast, sugar free jam (no artificial sweeteners); 100% fruit juice which is served 1:5 water.	Muesli base (no nuts) with dried and fresh fruit with milk Wholemeal toast, sugar free jam (no artificial sweeteners); 100% fruit juice which is served 1:5 water.
Lunch	Vegetable Lasagne (with Veggie Mince)	Lamb Tangine or Lentil Tangine with Pearl Barley	Chicken Curry or Chickpea and Vegetable Curry with Brown Rice	Vegetable Mousaka	Fisherman's Pie (MSC Salmon) Vegetable & Lentil Gratin
Vegetables & Salad	Steamed Cauliflower Tomato & Basil Salad	Green Beans and Carrots Green Salad	Sweetcorn & Peas Green Salad	Broccoli and Cauliflower Mixed Bean Salad	Garden Peas Green Salad
Dessert	Fresh Fruit Platter	Mixed Fresh Fruit with Yoghurt	Fresh Fruits Smoothies	Fruit Compote	Fresh Fruit Salad
Teas	Mung Bean Ratatouille with Bulgar Wheat Fresh fruit	Vegetable and Barlotti Bean Soup with Wholemeal Bread Roll Fresh Fruit	Margarita Pizza (Wholemeal Base) and Salad Dried Fruit	Pitta Bread Pockets with Cheese and Tuna, Lemon Juice and Natural yoghurt Salad Fresh Fruit	Falafel Balls with Cucumber, Yoghurt and Mint Salad
Daily Additions	Water Whole Meal Bread	Water Whole Meal Bread	Water Whole Meal Pita	Water Whole Meal Baguette	Water Granary Bread

Alternative dishes should be provided for children with special diets

Although Cater-Link makes every endeavour to eliminate the use of nuts in our food production, many of the ingredients supplied to us are produced in factories where nuts may be used. As a result we cannot guarantee a 100% nut free menu