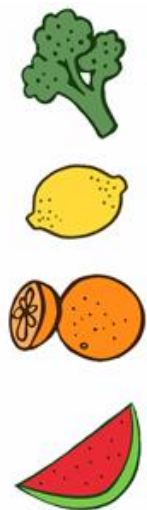




Loretto Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, wholemeal toast & fresh fruit				
Lunch	Pork or Quorn meatballs in tomato & basil sauce with tagliatelle & seasonal vegetable	Baked potatoes with beans, cheese or tuna served with a fresh garden salad	Macaroni cheese with seasonal vegetables	Chicken or Vegetable curry with wholemeal rice & naan bread	Tomato soup with crusty bread
Pudding	Yoghurt & apple compote	Mixed berry fruit salad	Fruit crumble with coconut cream	Fresh fruit salad	Homemade custard with banana
Afternoon Snack	Rice cakes & mango	Vegetable crudité's with hummus	Yoghurt & sliced apples	Fruit scones & cucumber batons	Crackers, cheese & carrot sticks
Dinner	Mince or Lentil stew with potatoes & carrots	Tomato pasta with mixed salad & cheese	Roast chicken or Medley of roast vegetables with roast potatoes & broccoli	A selection of filled tortilla wraps with fresh salad	Chicken or Vegetable noodles with sweetcorn



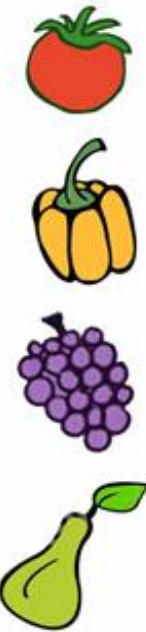
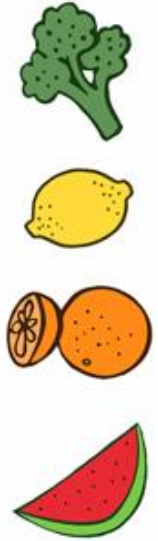
*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)





Loretto Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, wholemeal toast & fresh fruit				
Lunch	Sweet potato & butternut soup with tomato & cucumber sandwiches on brown bread	Chicken and/or Vegetable fried rice	Shepard's pie (lamb or Quorn) with seasonal vegetables	Vegetarian lasagne with garlic bread & salad	Bean & vegetable stew, boiled potatoes & green beans
Pudding	Mandarin & orange sponge cake	Semolina	Mixed melon platter	Natural yoghurt with honey & mango	Orange & pineapple platter
Afternoon Snack	Crackers, cheese & carrot sticks	Oatcakes, cherry tomatoes & cucumber	Toasted crumpets & grapes	Carrot & pineapple muffins	Vegetable sticks with hummus
Dinner	Chicken or Vegetable casserole with new potatoes & mixed vegetables	Spaghetti Bolognese or Spaghetti Napoli with mixed salad	Filled tortilla wraps, cous-cous & seasonal vegetables	Vegetable soup & homemade margarita pizza	Tuna pasta in a béchamel sauce with mixed vegetables



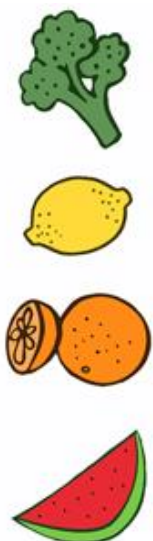
*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)





Loretto Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, wholemeal toast & fresh fruit				
Lunch	Chickpea & vegetable curry with rice & green salad	Tomato pasta bake with cheese & tossed salad	Lentil & vegetable soup with wholemeal bread	Pesto pasta with or without chicken & seasonal vegetables	Chicken pie or Cheese & potato pie with mixed vegetable
Pudding	Homemade banana loaf	Natural yoghurt with honey	Slices of melon & mango	Jelly	Fruit slices
Afternoon Snack	Breadsticks & homemade hummus	Cucumber & carrot sticks	Scones & sliced apples	Rice cakes, bananas & strawberries	Oatcakes & blueberries
Dinner	Macaroni cheese with seasonal vegetables	Mince or lentil stew with potatoes & mixed vegetables	Chicken or Vegetable pasta bake with cauliflower & broccoli	Fish or Vegetable pie with carrots & green beans	Bean & vegetable stew with brown rice



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Loretto Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, wholemeal toast & fresh fruit				
Lunch	Chicken or Quorn casserole with potatoes & carrots	Fish or Vegetable cous-cous with cherry tomatoes & cucumber	Cottage pie or Cheese & vegetable bake with broccoli	Tuna or Vegetable pasta in a béchamel sauce with peas	Chicken and/or Vegetable noodles with sweetcorn
Pudding	Yoghurt & apple compote	Fruit crumble with coconut cream	Fruit salad	Homemade custard with banana	Melon, watermelon & mango slices
Afternoon Snack	Oatcakes, spread & banana	Crackers, cream cheese & oranges	Carrot, cucumber & melon sticks	Rice cakes with apples & pears	Bruschetta with cheese or ham & fresh salad
Dinner	Hearty vegetable & potato soup served with crusty rolls	Spaghetti Bolognese or Spaghetti Napoli with carrot sticks	Salmon pasta in a béchamel sauce or Pesto pasta with mixed vegetables	Assorted pitta breads with hummus & salad	Tomato & roasted pepper soup with a selection of filled, wholemeal rolls

*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)

