Summer Menu - April to September

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30AM	White or wholemeal toast, or choice of cereals with fresh milk				
Snack 10:15AM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Lunch 11:30	Tomato & lentil pasta bake	Sausage cowboy pie with sweetcorn	Chicken, lentil & spinach curry with rice	Mushroom carbonara	Fish in parsley sauce with new potatoes & veg
Vegetarian	Tomato & lentil pasta bake	Veggie sausage cowboy pie with sweetcorn	Beany spinach curry	Mushroom carbonara	Cauliflower cheese grill with new potatoes & veg
Dessert	Ice cream or sorbet	Selection of fresh fruit	Peaches with yoghurt	Homemade sponge cake	Melon & pineapple
Snack 2:00PM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Tea 3:00PM	Pizza fingers	Sandwich selection with vegetable sticks	Ham or cheese wraps with cucumber	Beans on toast	Bagels & cheese with apple slices
	Selection of fresh fruit	Seasonal fruit crumble	Bananas & custard	Selection of fresh fruit	Jelly
Snack 5:00PM	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

All of our delicious meals are cooked fresh on the premises, and always include vegetables. Water and milk served throughout the day and at mealtimes.

Summer Menu - April to September

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30AM	White or wholemeal toast, or choice of cereals with fresh milk				
Snack 10:15AM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Lunch 11:30	Fish cakes & cheese sauce with potatoes & veg	Chicken, Leek & Potato Pie	Macaroni cheese with broccoli	Chilli con carne with rice	Beany fajita pasta
Vegetarian	Veggie fingers & cheese sauce with potatoes & veg	Quorn, Leek & Potato Pie	Macaroni cheese with broccoli	3-bean chilli with rice	Beany fajita pasta
Dessert	Melon & pineapple	Homemade lemon cake	Jelly	Selection of fresh fruit	Ice cream or sorbet
Snack 2:00PM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Tea 3:00PM	Beans on toast	Crackers & cheese with apple slices	Sandwich selection with vegetable sticks	Ham or cheese pitta breads with vegetable sticks	Pizza fingers
	Bananas & custard	Peaches with yoghurt	Selection of fresh fruit	Peach crumble	Selection of fresh fruit
Snack 5:00PM	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

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Summer Menu - April to September

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30AM	White or wholemeal toast, or choice of cereals with fresh milk				
Snack 10:15AM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Lunch 11:30	Coconut chickpea curry	Tuna pasta bake	Moroccan chicken with cous cous & vegetables	Pasta Bolognese	Minestrone soup served with bread
Vegetarian	Coconut chickpea curry	Broccoli & cauliflower pasta bake	Moroccan Quorn with cous cous & veg	Lentil pasta Bolognese	Minestrone soup served with bread
Dessert	Peaches with yoghurt	Melon & pineapple	Homemade flapjack	Jelly	Selection of fresh fruit
Snack 2:00PM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Tea 3:00PM	Sandwich selection with vegetable sticks	Beans on toast	Cheese wheels & beans	Cream cheese or hummus wraps with veg sticks	Ham or cheese english muffins with cucumber
	Seasonal fruit pie	Ice cream or sorbet	Selection of fresh fruit	Selection of fresh fruit	Homemade coconut & jam sponge
Snack 5:00PM	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

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