

SUMMER MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink.				
Snack	Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips				
Lunch	<p>Spaghetti Bolognese with hidden vegetables</p> <p><u>Alternative</u> Lentil Bolognese with hidden vegetables</p>	<p>Salmon Risotto</p> <p><u>Alternative</u> Vegetable Risotto</p>	<p>Chicken and vegetable curry with Rice</p> <p><u>Alternative</u> Vegetable curry with rice</p>	<p>Cottage Pie</p> <p><u>Alternative</u> Seasonal Vegetable Pie</p>	<p>Chicken and Mediterranean Vegetable Tray Bake with new potatoes</p> <p><u>Alternative</u> Mediterranean Vegetable Tray Bake with new potatoes</p>
Side dishes	Meals are served with portions of the following vegetables including – Carrots, peas, Courgette's, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread, Poppadom's, side salads				
Dessert	Mixed fruits	Seasonal Fruit salad	Natural yoghurt with fruit puree	Mixed fruits	Natural Yoghurt
Tea	Scrambled eggs served with salad	Beans on toast	Tomato Soup with Bread rolls	Tomato Orzo	Vegetable couscous

All food will be cut or mashed for younger children where appropriate

All our sauces and soups are homemade and contain hidden vegetables

Allergens are marked in **bold (Gluten, Fish, Milk)**, however we cater and adapt for allergens for using alternative milks / cheeses / pastas or breads where appropriate

SUMMER MENU

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink.				
Snack	Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips				
Lunch	<p>Tuna Pasta With sweetcorn in a white sauce topped with cheese</p> <p><u>Alternative</u> Vegetable pasta in a white sauce topped with cheese</p>	<p>Chilli with Rice</p> <p><u>Alternative</u> Bean Chilli with rice</p>	<p>Tagliatelle with mixed herb tomato sauce</p>	<p>Chicken and vegetable paella</p> <p><u>Alternative</u> Tomato and vegetable Paella</p>	<p>Fish Pie with carrots spinach base</p> <p><u>Alternative</u> Vegetable pie with a spinach base</p>
Side dishes	Meals are served with portions of the following vegetables including – Carrots, peas, Courgette's, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread , Poppadom's, side salads				
Dessert	Natural Yoghurt	Seasonal Fruit salad	Mixed fruits	Mixed fruits	Natural Yoghurt
Tea	Jacket potato with Tuna or Beans	Cheese on toast or crumpets	Vegetable Soup with Bread rolls	Scrambled eggs served with salad	Vegetable Dahl

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SUMMER MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink.				
Snack	Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips				
Lunch	Chicken Tikka masala with Vegetables & rice <u>Alternative</u> Vegetable Tikka Masala	Salmon and broccoli pasta with a tomato and vegetable sauce <u>Alternative</u> Broccoli pasta with a tomato and vegetable sauce	Homemade chicken kiev with new potatoes and vegetables <u>Alternative</u> Garlic vegetables with new potatoes	Spaghetti and meatballs in a tomato sauce with hidden vegetables <u>Alternative</u> Spaghetti and Vegetarian Meatballs in a tomato sauce with hidden vegetables	Fish cakes with vegetables <u>Alternative</u> Vegetable cakes with mash potato
Side dishes	Meals are served with portions of the following vegetables including – Carrots, peas, Courgette's, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread , Poppadom's, side salads				
Dessert	Mixed fruits	Seasonal Fruit salad	Natural yoghurt fruit puree	Mixed fruits	Natural Yoghurt
Tea	Chicken Soup with Bread rolls	Vegetable Stir Fry	Cheese and broccoli Quiche with vegetable batons	Savory Muffins with Sweet potato Chips	Homemade Pizza with various toppings

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SUMMER MENU

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink.				
Snack	Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips				
Lunch	<p>Spaghetti Carbonara with courgettes and pancetta</p> <p><u>Alternative Spaghetti</u> Carbonara with courgettes</p>	Chick pea, sweetcorn and spinach curry & Rice	<p>Lasagne with side salad</p> <p><u>Alternative vegetable lasagne</u></p>	<p>Chicken kebab with vegetable pieces and savory rice</p> <p><u>Alternative Vegetable Kebabs</u> with savory rice</p>	<p>Fish Goujons with chips</p> <p><u>Alternative Vegetable batons</u> and chips</p>
Side dishes	Meals are served with portions of the following vegetables including – Carrots, peas, Courgette's, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread , Poppadom's, side salads				
Dessert	Mixed fruits	Seasonal Fruit salad	Natural yoghurt fruit puree	Mixed fruits	Natural Yoghurt
Tea	Butternut Squash and carrot Soup with Bread rolls	Selection of wraps with Vegetable batons	Jacket potato with Tuna or beans	Cheese Quiche with vegetable batons	Selection of Sandwiches with Vegetable batons

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