

Spring/Summer Menu 2018 for Children Aged 18months+ (1st May – 30th September)

<u>Week 1</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Vegetarian</u>	<u>Tea</u>
<u>Monday</u>	A selection of cereals	Orange Segments	Cooked ham and sweetcorn pasta bake Yoghurts	Cauliflower and sweetcorn pasta bake Yoghurts	Salmon and savoury rice with peas Fresh fruit
<u>Tuesday</u>	A selection of cereals and toast	Breadsticks	Homemade pork sausage meat patty with boiled potatoes, peas, sweetcorn and gravy Fresh Fruit	Quorn sausages with boiled potatoes, peas, sweetcorn and vegetable gravy Fresh Fruit	Cheese and Egg Muffins Homeade Vanilla and Chocolate biscuits
<u>Wednesday</u>	A selection of cereals and fruit	Malt Loaf	Homemade seasoned chicken strips with cous cous and mixed vegetables Homemade Apple Crumble and Ice Cream	Quorn chicken fillets with cous cous and mixed vegetables Homemade Apple Crumble and Ice Cream	Homemade Macaroni cheese Fresh fruit
<u>Thursday</u>	A selection of cereals	Pineapple chunks and cheese cubes	Roast beef, roast potatoes, Yorkshire pudding and seasonal vegetables. Fresh Fruit	Vegetable Burgers with roast potatoes, Yorkshire pudding and seasonal vegetables. Fresh Fruit	Homemade meat and vegetable pizza. Served with carrot and cucumber sticks Homemade Fruit Ice lollies
<u>Friday</u>	A selection of cereals, and fruit	Cheese Biscuits	Chicken and mushroom stroganoff with rice and peas. Greek yogurt and banana	Mushroom stroganoff with rice and peas. Greek yogurt and banana	Ham, Chicken and Tuna wraps with cheese cubes and cherry tomatoes. Fresh fruit

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<u>Week 2</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Vegetarian</u>	<u>Tea</u>
<u>Monday</u>	A selection of cereals	Malt Loaf	Bacon, sweetcorn and broccoli pasta bake Fresh Fruit	Leek, cheese and broccoli pasta bake Fresh Fruit	Baked beans on toast Greek yoghurt and mixed berry compote
<u>Tuesday</u>	A selection of cereals and fruit	Apple slices and raisins	Mini chicken Schnitzels with boiled new potatoes, peas and carrots. Homemade shortbread Stars	Vegetable fingers with boiled new potatoes, peas and carrots. Homemade shortbread Stars	Mixed vegetable risotto Fresh Fruit
<u>Wednesday</u>	A selection of cereals and toast	Melon Fingers	Beef lasagne with garlic bread Fresh Fruit	5 Vegetable & lentil lasagne with garlic bread Fresh Fruit	Savoury Cheese Flap Jacks with Cucumber and Carrot Sticks Homemade banana loaf
<u>Thursday</u>	A selection of cereals and fruit	Crackers and cheese slices	Paprika and Lamb meatballs served in a tomatoe and vegetable sauce with rice Yoghurts	Quorn meatballs served in a tomatoe and vegetable sauce with rice Yoghurts	Ham, Cheese and Chicken sandwiches with lettuce and cherry tomatoes Fresh Fruit
<u>Friday</u>	A selection of cereals and toast	Breadsticks and humus	Roast turkey, roast potatoes, Yorkshire pudding and mixed vegetables Fresh Fruit	Quorn turkey, roast potatoes, Yorkshire pudding and mixed vegetables Fresh Fruit	Tuna and cheese melt Jacket potatoes. Strawberry Jelly

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<u>Week 3</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Vegetarian</u>	<u>Tea</u>
<u>Monday</u>	A selection of cereals	Pineapple chunks and cheese cubes	Beef spaghetti bolognese with garlic bread Homemade rice pudding	Vegetable spaghetti bolognese with garlic bread Homemade rice pudding	Homemade Cheese and Ham quice with salad Fresh Fruit
<u>Tuesday</u>	A selection of cereals and toast	Breadsticks	Roast chicken, roast potatoes, Yorkshire pudding and mixed vegetables Fresh Fruit	Quorn chicken, roast potatoes, Yorkshire pudding and mixed vegetables Fresh Fruit	Ham, chicken and tuna rolls with cucumber sticks and cheese cubes. Greek yoghurt And Banana
<u>Wednesday</u>	A selection of cereals	Pear and Apple slices	Homemade Turkey Meatballs, with mixed vegetables and rice Yoghurts	Quorn Meatballs with mixed vegetables and rice Yoghurt	Cheese and Ham pastry swirls with carrot and pepper sticks Fresh fruit
<u>Thursday</u>	A selection of cereals and fruit	Rice cakes with cream cheese	Homemade creamy chicken pie topped with sweet potatoe mash, served with mixed vegetables. Fresh fruit	Homemade creamy vegetable and lentil pie topped with sweet potatoe mash. Fresh fruit	Salmon and mixed vegetable risotto. Homemade marble cake
<u>Friday</u>	A selection of cereals and toast	Malt Loaf	Tuna, mixed vegetable and cheese pasta bake. Peaches with ice cream	Mixed vegetable and cheese pasta bake. Peaches with ice cream	Homemade sausage rolls with new potatoes and cucumber sticks. Fresh fruit

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<u>Week 4</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Vegetarian</u>	<u>Tea</u>
<u>Monday</u>	A selection of cereals	Cheese Biscuits	Fish fingers with sweet potato wedges and bake beans Fresh fruit	Vegetable fingers with sweet potato wedges and bake beans Fresh fruit	Homemade meat and vegetable pizza, carrot and cucumber sticks Yoghurts
<u>Tuesday</u>	A selection of cereals	Watermelon slices	Homemade chicken mac and cheese Homemade soft gingerbread men	Mixed vegetable & macaroni cheese Homemade soft gingerbread men	Egg Muffins, cherry tomatoes and lettuce. Fresh fruit
<u>Wednesday</u>	A selection of cereals and toast	Crackers and cheese slices	Chicken and mixed vegetable stir fry with Noodles Fresh Fruit	Quorn chicken and mixed Vegetable striy fry with noodles Fresh Fruit	Homemade chesse straws with potatoe salad. Strawberry and banana tray Bake
<u>Thursday</u>	A selection of cereals and fruit	Rich Tea Finger Biscuit	Homemade Beef Chilli Con Carne with rice Greek yoghurt and banana	Three bean chilli con carne with rice Greek yoghurt and banana	Ham and sweetcorn pasta salad Fresh fruit
<u>Friday</u>	A selection of cereals and toast	Breadsticks	Diced lamb, fresh mint and mixed vegetable pie with mash potato and gravy Fresh fruit	Fresh mint and mixed vegetable pie with mash potato and gravy Fresh fruit	Homemade vegetable soup with bread and butter Yogurts

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