



Summer Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.00)	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break
Morning Snack 9.00-9.45	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water
Lunch 11.15 Babies 11.30 Tiddlers /Pre-school	Spaghetti Carbonara (Bacon Bits) With Sweetcorn & Broccoli	Jacket Potatoes, Tuna, baked beans & coleslaw	Chicken Chow Mein with mixed peppers & bean sprouts	Stewed Pork with Brown Rice Butterbeans & green beans	Fish Cakes with Boiled Potatoes & Peas & Cauliflower
Vegetarian Option	Mushroom, Sweetcorn & Kidney Beans with Pasta	Jacket Potatoes with Baked Beans & Coleslaw	Quorn Chow Mein with cannellini beans mixed peppers & bean sprouts	Lentils with Brown Rice, butterbeans & green beans	
Pudding	Banana's with Custard	Yoghurt with Peaches	Strawberries & cream	Jelly with Raspberries	Pineapple with Ice- Cream
Afternoon Snack 2.00-2.45	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water
Tea (3.30)	Pitta Bread with Hummus, carrots & pepper sticks	Cream Crackers with Cheese & Salad Raisins	Homemade pizza Cheese, tomato, sweetcorn, Mushroom & Tuna	Cous Cous Salad with Red peppers, chickpeas, cucumber & Mixed Herbs	Egg Mayonnaise with wraps & carrots sticks

Key to colour coding:

Fruit and Vegetables

Bread, Rice, Pasta & other starchy foods

Meat, Fish, eggs, beans & other non dairy source of protein

Food/drink high in fat and/or sugar

Milk and Dairy

Fruit choices will be Apples, Bananas, Pears & Oranges



Summer Menu

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.00)	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break
Morning Snack 9.00-9.45	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water
Lunch 11.15 Babies 11.30 Tiddlers /Pre-school	Mediterranean Turkey with peppers, aubergine, courgettes, onions & Tomato with cous cous	Macaroni Cheese with Sweetcorn, broccoli & green lentils	Roast Gammon with Boiled Potatoes & Cabbage	Lamb Meatballs in tomato sauce with mixed peppers, onions & Carrots Spaghetti	Cod in breadcrumbs with Potato Croquets, peas & carrots
Vegetarian Option	Mediterranean Vegetables with Cous Cous & Kidney Beans	Macaroni Cheese with Sweetcorn & broccoli	Quorn with Boiled Potatoes & Cabbage & lentil gravy	Lentils in tomato mixed peppers, onions & Carrots sauce with Spaghetti	
Pudding	Fresh Fruit Salad	Lime Jelly with pineapple	Ice- cream with Blueberries	Stewed Apple with Custard	Yoghurt with peaches
Afternoon Snack 2.00-2.45	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water
Tea (3.30)	Tuna Sandwiches with Cucumber Sticks	Beans on Toast with Tomatoes	Bagels with Soft Cheese & Pepper Sticks & raisins	Chicken Tikka Wraps with Carrots Sticks V- Mixed bean salad wraps	Homemade Turkey Burgers with salad. V- Vegetable Burgers (green lentils)

Key to colour coding:

Fruit and Vegetables

Bread, Rice, Pasta & other starchy foods

Meat, Fish, eggs, beans & other non dairy source of protein

Food/drink high in fat and/or sugar

Milk and Dairy

Fruit choices will be Apples, Bananas, Pears & Oranges



Summer Menu

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.00)	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break
Morning Snack 9.00-9.45	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water
Lunch 11.15 Babies 11.30 Tiddlers /Pre-school	Lamb Shepherd's pie with carrots, peas & sweetcorn	Chicken Curry with cucumber, tomatoes & Basmati Rice	Vegetable Lasagne with green lentil salad	Turkey Mince with Mushroom & Sweetcorn Pasta	Fish fingers, potato wedges & peas
Vegetarian Option	Quorn Shepherd's pie with split peas, carrots, peas & sweetcorn	Chickpea Curry cucumber, tomatoes & Basmati Rice		Mushroom, Sweetcorn & lentil Pasta	
Pudding	Natural Yoghurt with Strawberries	Angel Delight with melons	Fresh Fruit Salad	Pears & custard	Lemon Cheesecake with Kiwi
Afternoon Snack 2.00-2.45	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water
Tea (3.30)	Homemade Pizza With Tuna, cheese, tomato, mushrooms & sweetcorn	Rice Cakes with Soft Cheese & Carrot Sticks and raisins	Baked Beans on Toast	Cous Cous Salad with mixed peppers & cannellini beans	Pitta Bread with Hummus & Pepper Sticks

Key to colour coding:

Fruit and Vegetables

Bread, Rice, Pasta & other starchy foods

Meat, Fish, eggs, beans & other non dairy source of protein

Food/drink high in fat and/or sugar

Milk and Dairy

Fruit choices will be Apples, Bananas, Pears & Oranges



Summer Menu

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.00)	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break	Rice krispies Weetabix Ready break
Morning Snack 9.00-9.45	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water	Toast with a choice of fruit Milk/Water
Lunch 11.15 Babies 11.30 Tiddlers /Pre-school	Sausage Casserole with Mashed Potatoes & Green Beans	Roast Chicken with Roast Potatoes, Swede & Parsnip	Turkey in a bolognaise sauce with mixed Peppers, onions & Carrots with spaghetti	Mushroom, mixed peppers & Borlotti Beans Risotto	Fisherman's pie with Peas & Carrots
Vegetarian Option	Quorn Sausage Casserole with Mashed Potatoes, kidney beans & green beans	Quorn with Roast Potatoes, Swede & Parsnip with brown lentils	Quorn with Houricot Beans in a bolognaise sauce mixed Peppers, onions & Carrots with spaghetti		
Pudding	Banana's with Custard	Natural Yoghurt with Blueberries	Fruit Salad	Peaches with Ice- Cream	Fruit Trifle
Afternoon Snack 2.00-2.45	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water
Tea (3.30)	Tuna, tomato & sweetcorn Pasta	Turkey Sandwiches with Carrot Sticks & Raisins V. Cheese Sandwiches Carrot Sticks & Raisins	Pitta Bread With tzatziki & Hummus Dips with Pepper & Cucumber Sticks	Tortilla Wraps with mixed bean salad & salsa sauce	Muffins with Soft Cheese & Carrot Sticks Raisins

Key to colour coding:

Fruit and Vegetables

Bread, Rice, Pasta & other starchy foods

Meat, Fish, eggs, beans & other non dairy source of protein

Food/drink high in fat and/or sugar

Milk and Dairy

Fruit choices will be Apples, Bananas, Pears & Oranges



Summer Menu

Fruit choices will be Apples, Bananas, Pears & Oranges