



SUMMER MENU 2016

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MORNING SNACK</u>	Breadsticks with Dip	Apple Wedge & Popcorn	Banana Chunks & Crumpets	Brioche & Grapes	Pitta Bread & Sun Dried Tomato Humus
<u>LUNCH</u>	Pork/Quorn Stroganoff & Rice	Cottage Pie with Sweetcorn & Peas	Lentil, Tomato, Spinach & Sweet Potato Curry with Rice and Flat Bread	Mini Toad in the Hole, Carrot Crush & Green Beans/ Savoury Mince & Mini Yorkies for Babies	Fish & Spinach Mornay with Crispy Sliced Potatoes
<u>DESSERT</u>	Ice-cream & Raspberry Sauce	Fruit Cocktail Jelly	Apple Scones	Peach Flan with Fresh Cream	Fruit & Oat Crumble with Custard
<u>AFTERNOON SNACK</u>	Rice Cake & Fresh Pear Slices	Tortilla Wraps with Salsa	Cheese & Melon	Vegetable Sticks & Dip	English Muffins & Strawberries
<u>TEA</u>	Napolitano Pasta	Hawaiian Pizza	Jacket Potato Tuna & Sweetcorn Mayonnaise with Side Salad	Teriyaki Chicken & Vegetable Couscous	Beef Enchiladas
<u>DESSERT</u>	Fruit Kebabs	Shortbread	Choice from the Fruit Bowl	Flapjack	Cheese & Biscuits
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MORNING SNACK</u>	Naan Bread with Raita	Teacakes with Apple Wedges	Boiled eggs & toast	Tomatoes & Cracker Bread	Toasted Bagel with Celery Sticks
<u>LUNCH</u>	Potato Wedges & Vegetable Chilli	Lamb Rogan Josh/Quorn Curry & Boiled Rice	Turkey/Quorn Breast with Roasted Seasonal Vegetables & Gravy	Salmon, Broccoli & Mushroom Tagliatelle	Tarragon Chicken with Rice & Seasonal Vegetables
<u>DESSERT</u>	Choice from the Fruit Bowl	Medley of Melon	Strawberry Flan	Homemade Ginger Sponge & Custard	Choice from the Fruit Bowl
<u>AFTERNOON SNACK</u>	Banana & Potato Cake	Popcorn with Kiwi Slices	Breadsticks, Cucumber & Dip	Pitta Bread, Carrot Sticks & Hummus	Pear Wedges & Rice Cakes
<u>TEA</u>	Pilchard Pasta	Pork & Butterbean Casserole with Boulangere Potatoes	Jacket Potatoes with Cheese and Side Salad	Pepperoni & Roasted Pepper Pizza	Macaroni Cheese & Salad
<u>DESSERT</u>	Marble Cake	Anzac Cookies	Ice Cream with Fruity Sauce	Frozen Banana-Pops	Fresh Fruit Smoothie



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MORNING SNACK</u>	Rice Cake with Cherry Tomatoes	Breadstick and Dips	Toasted Muffin & Strawberries	Fromage Frais & Pear Wedges	Boiled Egg & Soldiers
<u>LUNCH</u>	Beef/Vegi Mince Chilli & Rice	Vegetable Lasagne With Italian Salad	Jewelled Chicken Freekeh	Fish Cakes, Ratatouille & New Potatoes	Pork and Apple/Chickpea Burgers with Wholemeal Roll, Wedges and Side Salad
<u>DESSERT</u>	Fruit Kebabs	Butterscotch Peaches Cake & Custard	Strawberry Sorbet	Fruit Compote	Natural Yoghurt with Fruit Coulis
<u>AFTERNOON SNACK</u>	Banana Chunks & Toast	Apple Wedges & Crumpets	Carrot & Cucumber Sticks with Cheese Dip	Oatcakes with Grapes	Crumpets & Cheese Sticks with Honey Dip
<u>TEA</u>	Margarita Pizza with Side Salad	Jacket Potatoes with Bean & Cheese	Pasta Carbonara	Pitta Pockets with a Selection of Fillings & Side Salad	Curried Chicken with Sweet Potato & Spinach & Rice.
<u>DESSERT</u>	Raspberry & White Chocolate Cheesecake	Choice from the Fruit Bowl	Fruit Trifle	Carrot Cake	Chocolate Orange Cookies
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MORNING SNACK</u>	Hummus & Mange Tout & Pitta Bread	Bananas & Fromage Frais	Carrot & Pitta Bread with Dip	Cracker Bread with Cherry Tomatoes	Rice Cakes with Cheese Sticks
<u>LUNCH</u>	Sweet & Sour Chicken & Vegetables with Noodles	Roast Pork with New Potatoes, Roasted Carrots & Parsnips	Minced Beef Lasagne/Quorn Lasagne & Homemade Coleslaw	Vegetable Curry with Boiled Rice & Naan Bread	Crunchy Cod, Potato Wedges & Mushy Peas
<u>DESSERT</u>	Peaches & Yoghurt	Choice from the Fruit Bowl	Frozen Smoothie Cubes	Orchard & Berry Crumble with Custard	Banana Pancakes & Chocolate Sauce
<u>AFTERNOON SNACK</u>	Oatcakes with Cheese Slices	Crumpets with Grapes	Cream Cheese with Crackers	Cucumber, Peppers & Breadsticks with Hummus	Melon Slice & Potato Cakes
<u>TEA</u>	Vegetable Medley Bake	Wrap'n'Roll Mixture of Rolls & Wraps	Vegetable Pasty & Baked Beans	Salami & Sweetcorn Pizza with Side Salad	Lamb Tagine with Spiced Herby Couscous
<u>DESSERT</u>	Choc Chip Muffins	Peach Flan & Ice Cream	Strawberry & Chocolate Yoghurt Cake	Chocolate & Raisin Squares	Apple & Zucchini Muffins