

Spring/Summer Menu June 2020

All of our lunches are served with seasonal vegetables or fresh salad/Vegetarian option is always available/Cold sandwiches are always available/Fresh milk or water is always available throughout the day. **Breakfast is a variety of cereals, porridge, or fruit loaf with milk and water.** Breakfast provides 15% of a child's nutritional daily requirements, Lunch provides 30% of a child's nutritional daily requirements, Tea provides 25% of a child's nutritional daily requirements and Snack provides 10% of a child's nutritional daily requirements.

Week 1

Monday

Lunch- Macaroni Cheese
Home-made Frozen Fruit
Yoghurt

Tea- Mini Quiche
Vegetable Sticks

Snack- Yellow Melon

Tuesday

Lunch- Chicken and Leek hotpot
Summer Fruit Salad

Tea- Sandwiches
Oranges

Snack- Crumpets

Wednesday

Lunch- Pasta Bolognaise
Yoghurt & Peaches

Tea- Pitta and Hummus
Vegetable Sticks

Snack- Teacakes

Thursday

Lunch- Mexican Chilli & Rice
Cheese and biscuits

Tea- Mini Pizza
pears

Snack- Potato Cakes

Friday

Lunch- Fish Fingers, Potato
Wedges & Mushy Peas
Banana Lollies

Tea- Bagel & Soft
Cheese
Vegetable Sticks

Snack- Crackers and
Spread

Week 2

Monday

Lunch-Baked Potatoes with
Cheese and Beans
Banana and Berry Sorbet

Tea- Savoury Muffins
Apples

Snack- Crackers and
Spread

Tuesday

Lunch- Fish Pie with Crunchy
Potato Topping
Natural Yoghurt with Pureed
Strawberries

Tea- Tomato and Vegetable
Couscous
Vegetable Sticks

Snack- Crumpets

Wednesday

Lunch- Chicken & Mushroom
Stroganoff with Rice
Summer Fruit Salad

Tea- Tuna Wraps
Vegetable Sticks

Snack- Watermelon
Wedges

Thursday

Lunch- Beef and Tomato
Pasta Bake
Watermelon Lollies

Tea- Cheese Muffins
Pears

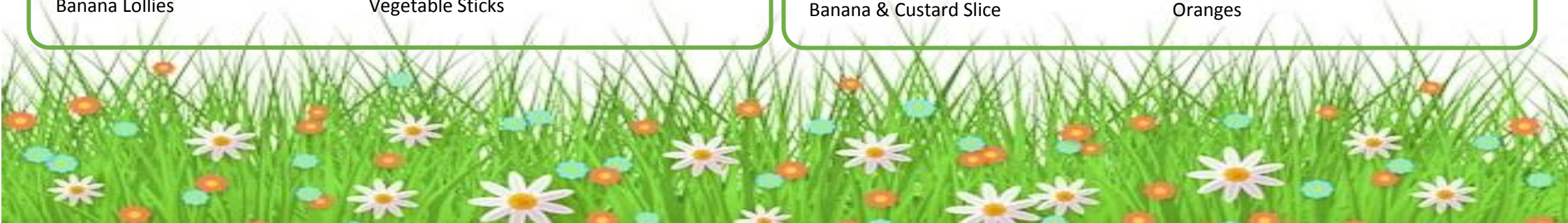
Snack- Potato Cakes

Friday

Lunch- Sweet & Sour Chicken
With Couscous
Banana & Custard Slice

Tea- Sandwiches
Oranges

Snack- Teacakes



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Week 3

Monday

Lunch- Lentil Curry & Naan Bread
Natural Yoghurt & Peach Puree

Tea- Sweet Potato Muffins
Apples

Snack- Teacakes

Tuesday

Lunch- Moroccan Lamb & Couscous
Sugar Free Mini Banana Muffins

Tea- Cheesy Pittas
Vegetable Sticks

Snack- Crackers & Spread

Wednesday

Lunch- Moussaka
Frozen Banana Lollies

Tea- Potato Wedges & Dips
Yellow Melon

Snack- Crumpets

Thursday

Lunch- Chicken & Sweetcorn Pasta
Cheese and Biscuits

Tea- Sandwiches
Vegetable Sticks

Snack- Potato Cakes

Friday

Lunch- Kedgerree & Rice
Summer Fruit Salad

Tea- Tomato & Basil Pasta
Pears

Snack- Bread Sticks

Week 4

Monday

Lunch- Tuna Pasta Bake
Natural Yoghurt with Strawberry Puree

Tea- Savoury Muffins
Pears

Snack- Potato Cakes

Tuesday

Lunch- Corn Beef & Baked Bean Hash
Cheese & Biscuits

Tea- Sandwiches
Oranges

Snack- Crumpets

Wednesday

Lunch- Tomato & Lentil Lasagne
Summer Fruit Salad

Tea- Cheese Scones
Vegetable Sticks

Snack- Yellow Melon

Thursday

Lunch- Chicken Curry with Rice
Banana & Custard Slice

Tea- Baked Beans On Toast
Vegetable Sticks

Snack- Crackers with Spread

Friday

Lunch- Roast Chicken, Mash & Gravy
Watermelon Lollies

Tea- Cheese Pin-Wheels
Apples

Snack- Teacakes

