



SPRING/SUMMER MENU - WEEK 1



<u>Day</u>	<u>B'fast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Dessert</u>	<u>Tea</u>
Monday	A variety of rice crispies, cornflakes, weetabix, cheerios, ready brek shreddies and toast	A variety of crackers, rice cakes, bread sticks, popcorn, vegetable sticks and houmous – with a glass of milk	Mince dish (Lamb or Beef)	Fruit dessert	Jacket potatoes
					Homemade flapjack
Tuesday			Roast of the week – beef/chicken/lamb/pork/gammon with trimmings	Yoghurts	Pastry based tea
					Fresh fruit
Wednesday			Vegetarian dish	Fresh fruit	Homemade soup
			Homemade cookies/biscuits		
Thursday			Chicken dish	Pastry based pudding	Pasta dish
					Fresh fruit
Friday			Fish dish	Fresh fruit	Sandwich/wrap selection
					Yoghurts



SPRING/SUMMER MENU - WEEK 2



<u>Day</u>	<u>B'fast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Dessert</u>	<u>Tea</u>
Monday	<i>A variety of rice crispies, corn flakes, weetabix, cheerios, ready brek, shreddies and toast</i>	<i>A variety of crackers, rice cakes, bread sticks, popcorn, vegetable sticks and houmous – with a glass of milk</i>	Vegetarian	Homemade cake	Pastry dish <i>Fresh Fruit</i>
Tuesday			Fish dish	Fresh fruit	Pasta dish <i>Yoghurts</i>
Wednesday			Mince dish	Jelly dessert	Sandwich/wrap selection <i>Fresh fruit</i>
Thursday			Roast of the week – beef/chicken/lamb/pork/ gammon with trimmings	Fresh fruit	Homemade soup <i>Homemade tart</i>
Friday			Chicken dish	Yoghurts	Pizza selection <i>Fresh fruit</i>

MENU NOTES

Lunch dishes will be a variety of the following:

Mince: Bolognese, Chilli Con Carne, Shepherd's Pie and Lasagne, Homemade mini burgers/ koftas

Vegetarian: Risotto, Curry, Vegetable Gratin, Frittata, Vegetable Pasta Bake, Falafels/chickpea burgers, stuffed peppers, Vegetable stir fry

Chicken: Stew, Fricassee, Pie and Sweet and Sour, Fajitas, Honey and mustard, Wrapped in bacon

Fish: Fisherman's Pie, Poached, Cobble and Casserole, Homemade Wholegrain breaded fish

Tea dishes will be a variety of the following:

Sandwich fillings: Ham, Chicken, Cream Cheese, Egg and Tuna = all with salad or coleslaw (homemade)

Jacket potatoes: Cheese, Beans, Tuna and Coleslaw/Salad

Pastry: Cheese and Tomato pinwheels, Quiche, Sausage Rolls, Cheese Straws and Tarts

Soup: Seasonal Vegetable soup with homemade bread/ciabatta rolls/breadsticks

Pasta: Tuna Pasta Bake, Macaroni Cheese, Salad, Vegetable and Tomato

Pizza: Ham and Pineapple, Courgette and Feta Cheese, Cheese and Tomato and Vegetable

Dessert dishes will be a variety of the following:

Fruit: Fresh Fruit- Apples, Bananas, Pears, Oranges, Melons, Pineapple

Cake: Fruit, Chocolate, Marble, Chocolate Chip and Victoria Sponge

Tart: Fresh Fruit, Vegetable

Pastry pudding: Egg custard, Fresh Fruit tarts

Cookies: Chocolate & raisin, Oat, Fruit, Vanilla and Ginger

All dishes will come with a variety of side dishes and sauces which will include:

Homemade chips/wedges, homemade parsnip/sweet potato fries, salad, homemade bread/breadsticks, cauliflower cheese, rosemary new potatoes, mini roast potatoes, carrot and thyme vegetables as well as seasonal vegetables and condiments

Other notes:

- Dietary needs and vegetarian options are made as required for each individual
- Babies under 1 puddings will include: Fruit pots, Yoghurts, Compote, Finger Fruit, Homemade baby biscuits and fruit purees
- Babies and Explorers will have alternative hot teas where appropriate, i.e. Homemade Soup, Vegetable Casseroles and gratins etc, babies will also have chicken instead of gammon and an alternative to bread, pasta (age appropriate)
- Children who are still at nursery at 5pm will be offered an afternoon snack from the following: breadsticks, houmous, rice cakes, popcorn etc.