

# SUMMER MENU: WEEK 1

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Supper
<b>Mon</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks and Carrot Sticks</b> served with hummus	<b>Sweet Chilli &amp; Sundried Tomato Salmon Linguine</b>	<b>Fresh Fruit salad</b>	<b>Apples</b>	<b>Super savoury rice</b> <b>Yogurt and Fresh Fruit</b>
<b>Tue</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with cucumber and hummus	<b>Chicken Parmigiana</b> Served with broccoli & rice (Quick & Easy Page 59)	<b>Sugar free fruit jelly</b>	<b>Pears</b>	<b>Sweet potato wedges with cheese</b> Served with baked beans <b>Yogurt and Fresh Fruit</b>
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with peppers and hummus	<b>Pork Sausages</b> served with mashed potato and peas.	<b>Fresh fruit salad</b>	<b>Melon</b>	<b>Mushrooms on toast</b> <b>Yogurt and Fresh Fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with carrots and hummus	<b>Baked pasta</b> served with tomatoes and bacon	<b>Fruit ice lollies</b>	<b>Satsumas</b>	<b>Pea and Asparagus Risotto</b> <b>Yogurt and Fresh Fruit</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with cucumber and hummus	<b>Cod Nuggets</b> served with potato wedges and peas	<b>Banana Cake</b>	<b>Bananas</b>	<b>Potato gratin</b> <b>Yogurt and Fresh fruit</b>

## SUMMER MENU: WEEK 2

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Supper
<b>Mon</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks and Carrot Sticks</b> served with hummus	<b>Chicken in enchilada sauce served</b> with rice and mixed veg	<b>Fresh Fruit Salad</b>	<b>Apples</b>	<b>Chicken Pops</b> Served in Barbeque sauce with mash (Top 100 page 80) <b>Yogurt and Fresh Fruit</b>
<b>Tue</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with cucumber and hummus	<b>Creamy Chicken Pasta</b>	<b>Fresh fruit smoothie</b>	<b>Pears</b>	<b>Sausages with fried rice</b> <b>Yogurt and Fresh Fruit</b>
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with peppers and hummus	<b>Spaghetti bolognaise with peas</b>	<b>Fresh Fruit Salad</b>	<b>Melon</b>	<b>Scrambled eggs with spring onions and toast</b> <b>Yogurt and Fresh Fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with carrots and hummus	<b>Beef &amp; Carrot Casserole</b> Served with mash (Top 100 page 34)	<b>Ice Lollies</b>	<b>Satsumas</b>	<b>Couscous with courgette</b> served with tomato sauce <b>Yogurt and Fresh Fruit</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with cucumber and hummus	<b>Salmon fishcakes with sweet potato wedges and sweetcorn</b>	<b>Pineapple cake</b>	<b>Bananas</b>	<b>Macaroni cheese</b> <b>Yogurt and Fresh Fruit</b>

ALL DISHES ARE HOMEMADE. THE MENU WILL CHANGE ACCORDINGLY TO ACCOMMODATE ANY ALLERGY OR DIETARY REQUIREMENTS

## SUMMER MENU: WEEK 3

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Supper
<b>Mon</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks and Carrot Sticks</b> served with hummus	<b>Pork</b> served in tomatoe sauce with rice	<b>Fresh fruit salad</b>	<b>Apples</b>	<b>Macaroni cheese</b> <b>Yogurt and Fresh Fruit</b>
<b>Tue</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with cucumber and hummus	<b>Burgers</b> served with onion gravy and mash	<b>Sugar free fruit jelly</b>	<b>Pears</b>	<b>Mushroom Risotto</b> <b>Yogurt and Fresh Fruit</b>
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with peppers and hummus	<b>Spaghetti Carbonara</b> served with garlic bread	<b>Fresh fruit salad</b>	<b>Melon</b>	<b>Chorizo and Butternut Risotto</b> <b>Yogurt and Fresh Fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with carrots and hummus	<b>Chicken Casserole</b> served with rice	<b>Pineapple mousse</b>	<b>Satsumas</b>	<b>Vegetable Stew</b> Served with bread rolls <b>Yogurt and Fresh Fruit</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with cucumber and hummus	<b>Fish Pie</b> served with broccoli	<b>Peaches</b>	<b>Bananas</b>	<b>Jacket Potatoes</b> served with a selection of cheese beans & tuna <b>Yogurt and Fresh Fruit</b>

## SUMMER MENU: WEEK 4

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Supper
<b>Mon</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks and Carrot Sticks</b> served with hummus	<b>Chicken Curry</b> served with rice	<b>Fruit salad</b>	<b>Apples</b>	<b>Salmon and Vegetable Couscous</b> <b>Yogurt and Fresh Fruit</b>
<b>Tue</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with cucumber and hummus	<b>Pork and Apple casserole</b> served with baby potatoes	<b>Strawberry and banana smoothie</b>	<b>Pears</b>	<b>Broccoli and Tomatoe Quiche</b> <b>Yogurt and Fresh Fruit</b>
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with peppers and hummus	<b>Beef meatballs</b> in tomato sauce and spaghetti	<b>Fruit salad</b>	<b>Bananas</b>	<b>Scrambled Eggs</b> served with hash brown <b>Yogurt and Fresh Fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with carrots and hummus	<b>Chicken and Mushroom Pie</b>	<b>Ice Cream</b>	<b>Satsumas</b>	<b>Cheese and mixed bean potato bake</b> <b>Yogurt and Fresh Fruit</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with cucumber and hummus	<b>Little Chicken and Leek Pies</b> Served carrot sticks (Top 100 page 76)	<b>Jelly</b>	<b>Melon</b>	<b>Mild vegetable curry with naan bread</b> <b>Yogurt and Fresh Fruit</b>

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