

# 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</b> and crudities of carrots served with hummus	<b>Chicken teriyaki meatballs</b> served with rice	<b>Artic Roll</b>	<b>Apples</b>	<b>Chickpea and kale tangine</b> served with Apricot Couscous  <b>Fresh Fruit Platter</b>
<b>Tue</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Pears</b>	<b>Chicken parmigiana</b> Served with broccoli & rice (Quick & Easy Page 59)	<b>Sugar free fruit jelly</b>	<b>Rice cakes</b> with Cream Cheese & Cucumber Sticks	<b>Baked potato with cheese</b> Served with baked beans  <b>Summer fruit milkshake</b> Pg 183 superfoods
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with crudities peppers and hummus	<b>Beef casserole</b> served with potato & vegetables	<b>Mango &amp; banana smoothie</b>	<b>Banana</b>	<b>Black bean cakes</b> served with Quinoa & Avocado  <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>Satumas</b>	<b>Salmon fishcakes</b> served with watercress mayo & Broccoli & cauliflower	<b>Fruit ice lollies</b>	<b>Rice cakes</b> served with crudities of carrots and hummus	<b>Summer courgette risotto</b>  <b>Frozen strawberry yogurt</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with crudities of cucumber and Cream Cheese	<b>Lamb moussaka</b> served with salad	<b>Zucchini brownies</b>	<b>Melon</b>	<b>Cod nuggets</b> served with potato wedges and peas  <b>Smoothie with 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</b> served with crudities of Carrot Sticks and hummus	<b>Lemon chicken</b> served with orzo and vegetables	<b>Fresh fruit salad</b>	<b>Apples</b>	<b>Jacket potato with broccoli &amp; sweetcorn &amp; 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>Pears</b>	<b>Sweet potato and spinach Bake</b> served with corn	<b>Fresh fruit smoothie</b>	<b>Rice cakes</b> served with crudities of cucumber and cream cheese	<b>Sausages with fried rice</b>  <b>Strawberry Sorbet Ice Pops</b>
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with crudities of peppers and hummus	<b>Quick salmon patties</b> served with rice & salad	<b>Chocolate and raspberry mousse</b>	<b>Melon</b>	<b>Mac &amp; Cheese</b>  <b>Frozen Yogurt and Fresh Fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Satumas</b>	<b>Beef &amp; carrot casserole</b> Served with mash (Top 100 page 34)	<b>Ice lollies</b>	<b>Rice cakes</b> served with crudities of carrots and cream cheese	<b>Sweet Potato &amp; black bean with Zesty Quinoa</b>  <b>Fruit Smoothie</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with crudities of cucumber and hummus	<b>Butternut squash &amp; kale Curry</b> served with rice	<b>Cardamon &amp; peach quinoa pudding</b>	<b>Bananas</b>	<b>Butternut squash &amp; butter bean Stew</b> <b>Summer fruit milkshake</b> <b>Pg 183 superfoods</b>

## SUMMER MENU: WEEK 3

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Supper
Mon	<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>Asian crispy beef</b> served with noodles	<b>Peaches</b>	<b>Apples</b>	<b>Tuna &amp; sweetcorn pasta salad</b> <b>Yogurt and fresh fruit</b>
Tue	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Pears</b>	<b>One pan fabulous fish</b>	<b>Orange polenta cake</b>	<b>Rice cakes</b> served with crudities of cucumber and hummus	<b>Quinoa &amp; feta salad</b> served with roasted vegetables <b>Frozen yogurt and fresh fruit</b>
Wed	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with peppers and hummus	<b>Chicken stoganoff with broccoli</b> served with roast potato	<b>Banana mousse</b>	<b>Melon</b>	<b>Bacon &amp; sweet potato slice</b> served with salad <b>Summer fruit milkshake</b> Pg 183 superfoods
Thu	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Satsumas</b>	<b>Steak &amp; onion casserole</b> served with mashed potato	<b>Sugar free fruit jelly</b>	<b>Rice cakes</b> served with carrots and hummus	<b>Roast pumpkin, tomato &amp; feta pasta</b> <b>Sugar free fruit jelly</b>
Fri	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with cucumber and hummus	<b>Turkey Burgers</b> served with onion gravy and mash	<b>Portuguese custard tarts</b>	<b>Bananas</b>	<b>Fish pie</b> served with broccoli <b>Fresh fruit salad</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 in a pot</b> Served with crusty bread	<b>Ice cream</b>	<b>Apples</b>	<b>Herby lemon fishcakes</b> Served with seasonal vegetables  <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>Pears</b>	<b>Meltin' beef</b> , served with flat bread	<b>Strawberry and banana smoothie</b>	<b>Rice cakes</b> served with crudities of cucumber and hummus	<b>Courgette spaghetti</b> served with rocket pesto  <b>Frozen 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>Spice vegetable &amp; quinoa one pot</b>	<b>Fruit salad</b>	<b>Bananas</b>	<b>Light chicken pie</b>  <b>Smoothie with fresh fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Satumas</b>	<b>Beef stroganoff</b> served with new potato & edamame beans	<b>Apple sauce cake</b>	<b>Rice cakes</b> served with carrots and hummus	<b>Slowed cooked vegetarian dahl</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>Falafel veggie burgers</b> served with garden salad and basil dressing	<b>Jelly</b>	<b>Melon</b>	<b>Little chicken and leek pies</b> Served carrot sticks (Top 100 page 76)  <b>Sugar free fruit jelly</b>

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

Substitutes may be made where we were not able to get deliveries, these will be notified when we give parents daily meal time updates