



Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Quinoa stuffed peppers with French stick	Beef Fajitas with peppers V- Veggie fajitas	Broccoli, pea cream and butterbean wholemeal Pasta	Stir fry chicken with sweetcorn and wholemeal noodles V-Stir fried Tofu	Tomato Baked cod with herby brown rice and green beans V-Tomato baked Quorn
Dessert	Peach cobbler with vanilla ice cream	Seasonal fresh fruit salad	Mixed fruit tart	Homemade fruit jelly	Seasonal poached fruit with natural yogurt
Afternoon Snack	Homemade fruit smoothie and carrot sticks				
Tea	Wholemeal Pitta pizzas with sweetcorn, chicken and cucumber sticks V-Sweetcorn and pepper pizzas	Cold wholemeal Pasta Salad with salmon and cherry tomatoes V-Cold wholemeal pasta salad with chickpeas and cherry tomatoes	Jacket Potatoes with cheese and beans	Turkey and lettuce wraps with cucumber sticks V-Cheese and lettuce wraps	Nut roast with carrot mash

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Summer Salmon wholemeal Pasta with peas V-Summer Tofu Pasta	Roast Turkey with roasted new potatoes and peas V- Nut roast	Butternut squash and chickpea tagine with wholemeal rice	Summer Sausage tray bake with courgettes V-Vegetarian Sausages	Sticky Lemon Chicken with wholemeal rice and broccoli V-Sticky Lemon Tofu
Dessert	Homemade fruit jelly	Zucchini Brownies	Fresh Strawberries and cream	Fresh Watermelon	Peach cobbler with vanilla ice cream
Afternoon Snack	Homemade fruit smoothie and carrot sticks				
Tea	Leek, Mushroom, cheese and chickpea quiche with new potatoes	Meatballs with wholemeal spaghetti and peas V-Vegetarian meatballs	Summer Fish Cakes with potato wedges and broccoli V-Kale cakes	Falafel with cucumber sticks	Fresh vegetable and kidney bean tart



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Cod and pea risotto V-Courgette and pea risotto	Cheese, tomatoes, peppers frittata with sweetcorn	Tuna pasta wholemeal bake with French stick V-Tofu pasta bake	Chicken Filo summer pie V-Vegetable filo pie	Baked Ratatouille with carrots and braised beef V-Vegetable Ratatouille
Dessert	Mixed fruit tart	Seasonal poached fruit with natural yogurt	Peach cobbler with vanilla ice cream	Homemade fruit jelly	Seasonal fresh fruit salad
Afternoon Snack	Homemade fruit smoothie and carrot sticks				
Tea	Jacket Potatoes with cheese and beans	Nut roast with carrot mash	Pitta pizzas with chicken and sweetcorn V-Vegetarian pizzas	Cold salmon wholemeal pasta Salad V-Cold wholemeal pasta salad with chickpeas and cherry tomatoes	Turkey wholemeal wraps V-Cheese and lettuce wraps

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Mushroom, butterbean and crème fraiche wholemeal penne pasta	Italian chicken with crusty wholemeal bread V-Tomato baked Quorn	Quinoa stuffed peppers with wholemeal bread	Salmon fish cakes with sweet potato wedges and sweetcorn V-Kale cakes	Roast Lamb with new potatoes and cauliflower V-Nut roast
Dessert	Zucchini Brownies	Peach cobbler with vanilla ice cream	Fresh Watermelon	Fresh Strawberries and cream	Homemade fruit jelly
Afternoon Snack	Homemade fruit smoothie and carrot sticks				
Tea	Summer Fish Cakes with potato wedges V-Kale cakes	Fresh vegetable and kidney bean tart	Falafel with veg sticks	Leek, Mushroom, cheese and chickpea quiche with new potatoes	Meatballs with wholemeal spaghetti V- Vegetarian meatballs