



Belmont Farm Nursery School Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plain wheats, rice Krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	Rice cakes, cream cheese/Dairy free cream cheese and vegetable crudités				
Lunch	Fishcakes/Garlic & Mushroom Bakes served with Coleslaw & Cucumber	Quorn Lasagne served with Garlic Ciabatta	Chinese Style Egg Fried Rice	Beef / Meatless Mince Penne Bolognese	Oven Baked Cod / Mixed Beans in Passata served with Couscous
Dessert	Peach Slices with Cream	Yogurt & Raspberry Coulis	Apple Crumble	Cinnamon Pinwheels	Banana Bread
Afternoon Snack	Crackers and Cheese Sticks	Toasted Bagels	Carrot Sticks with Beetroot Hummus	Banana Slices	Oat Cakes and Apple Slices
Tea	Lamb / Quorn Kofta served with Rainbow Couscous & Mint Yoghurt	Asparagus & Pea Frittata served with Seasonal Side Salad	Fish/ Lentil and Spinach Pie served with Broccoli	Falafel pitta served with Hummus & Mediterranean salad	Baked Potatoes served with Tuna/Cheese and Sweetcorn
Dessert	Mango & Pineapple Sorbet	Seasonal Fruit Salad	Watermelon	Oat Bars	Poached Cinnamon Pears with Yoghurt

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plain wheats, rice Krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	Rice cakes, cream cheese/Dairy free cream cheese and vegetable crudités				
Lunch	Nut free Pesto Butter Bean & Broccoli Orzo	Mediterranean Turkey/Meatless Mince in Ragu served with Couscous	Macaroni Cheese Panko Crust served with Peas and Sweetcorn	Chicken/Quorn Burger served with Sweet Potato and Bean Salad	Salmon/ Tofu Sweetcorn Pasta Bake
Dessert	Watermelon	Oat Bars	Fresh Strawberries	Raspberry Mousse	Peach Fool Ripple
Afternoon Snack	Crispbread and Smashed Avocado	Carrot and Celery with Lemon Hummus	Tortilla with Fresh Tomato Salsa	Pepper Sticks and Cucumber Sticks	Breadsticks with Beetroot Hummus
Tea	Mushroom and Pepper Pizza served with Baked Beans	Butternut Squash and Chickpea Coconut Curry served with Flatbread	Butter Bean Goulash served with New Potatoes and Crème Fresh	Beef/Meatless Mince Cottage Pie served with Peas	Baked Potato served with Cheese and Cowboy Beans
Dessert	Raspberry Mousse	Pineapple Chunks	Mixed Melon	Mango and Pineapple Sorbet	Banana Slices

⇒ **Vegetarian – Meat and fish free**

⇒ **Pescatarian – Meat free**



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plain wheats, rice Krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	Rice cakes, cream cheese/Dairy free cream cheese and vegetable crudites				
Lunch	Chicken/ Quorn Korma served with Wholegrain Rice	Beef/ Meatless Mince Penne Bolognese	Fishcakes/Garlic & Mushroom Bakes served with Coleslaw & Cucumber	Pasta Primavera served with Seasonal Green Vegetables	Chicken/ Quorn Vegetable Dhansak served with Coconut Rice
Dessert	Banana Slices	Watermelon	Peach Fool Ripple	Mixed Melon	Malt Loaf
Afternoon Snack	Pitta bread with Cucumber Mint Riata	Carrot and Celery Sticks with Lemon Hummus	Tomato with Feta Cheese	Oatcakes and Apple Slices	Toasted Bagels
Tea	Tuna/Mixed beans Sweetcorn Pasta Salad	Oven baked cod/Mixed Beans in Passata served with Couscous	Beef/ Meatless Mince Vegetable Stir Fry Noodles served with Edamame Beans	Chicken/ Quorn Red Pepper Fajitas served with Sweet Potato Wedges	Baked Potatoes served with Vegetarian Chilli and Cheese
Dessert	Yoghurt and Raspberry Coulis	Oat Bars	Apple Crumble	Seasonal Fruit Salad	Poached Cinnamon Pears with Yoghurt

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, Weetabix, cornflakes, plain wheats, rice Krispies, wholegrain toast, baby porridge and freshly chopped fruit. Allergen free cereal options available. Served with water and milk.				
Morning snack	Rice cakes, cream cheese/Dairy free cream cheese and vegetable crudites				
Lunch	Macaroni Cheese with Panko Crust served with Peas and Sweetcorn	Lamb/ Meatless Mince Biryani served with Carrots	Pesto Butter Bean Broccoli Orzo	Teriyaki Salmon/Tofu served with Vegetable Rice	Moroccan Lamb/ Chickpea Mediterranean Vegetable Tagine
Dessert	Watermelon	Coconut Oat Bar	Mixed Melon	Pineapple Chunks	Banana Bread
Afternoon Snack	Pepper sticks and Cucumber sticks	Breadsticks with Hummus	Crackers and Cheese Sticks	Crispbread and Smashed Avocado	Toasted Buttered Crumpets
Tea	Falafel Pitta served with Hummus & Mediterranean Salad	Chicken/ Quorn Red Pepper Fajitas served with Sweet Potato Wedges	Cod/Lentil Potato and Spinach Curry served with Naan Bread	Mushroom, Pepper & Sweetcorn Pizza served with Baked Beans	Baked Potato served with Tuna/Cheese Sweetcorn
Dessert	Summer Fruits Crumble	Raspberry Mousse	Cinnamon Pinwheels	Seasonal Fruit Salad	Peach Slices and Cream

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