



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 & Milk				
Morning snack	Seasonal Fruits & Vegetable Crudités				
Lunch	Fishcakes/Garlic & Mushroom Bakes served with Apple Slaw & Cucumber Sticks	Chicken/Quorn Wholegrain Fajitas with Sweet Potato Wedges & Crème Fraiche	Roasted Salmon/Tofu with a Lemon Herb Edamame Couscous	Vegetable Teriyaki Noodles with Edamame Beans	Cod/Vegetable Jambalaya with Green Beans
Dessert	Strawberries & Cream	Fresh Fruit Salad	Pears with Greek Yoghurt	Banana Bread	Peaches & Cream
Afternoon Snack	Oat Cakes & Cheese	Bread Sticks with Pepper & Cucumber	Pitta Bread with Feta Cheese	Lemon Hummus with Crackers	Toasted Bagels
Tea	Roasted Sun Dried Tomato & Butterbean Pesto Pasta with Garlic Bread	Macaroni Cheese with a Panko Crust served with Broccoli	Chicken/Quorn Tikka Masala with Wholegrain Rice	Penne Bolognese Beef/Meatless Mince with cheese	Baked Potatoes Vegetable Chilli & Cheese
Dessert	Mango Sorbet	Pineapple Cake	Watermelon	Pineapple Chunks	Bananas & Greek 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 & Milk				
Morning snack	Seasonal Fruits & Vegetable Crudités				
Lunch	Tuna/Mixed Beans & Sweetcorn Pasta Salad	Chicken/Quorn Chow Mein with Mangetout & Baby Sweetcorn	Pesto Butterbean Broccoli Pasta	Roasted Pomegranate Chicken/Quorn with Rainbow Wholegrain Couscous	Meatless Mince Chilli Con Carne with Potato Wedges & Crème Fraiche
Dessert	Melon Medley	Banana with Greek Yoghurt	Apple Crumble	Fresh Fruit Salad with Cream	Pineapple Chunks
Afternoon Snack	Crackers with Cream Cheese	Bread Sticks with Zesty Hummus	Toasted Butter Crumpets	Tortilla with Mexican Corn Dip	Wholemeal Pitta Bread with Red Pepper Hummus
Tea	Hearty Chicken/Chickpea Pie & Honey Roasted Carrots	Margherita Pizza with Baked Beans	Cod/Tofu Ratatouille & Rice	Beef/Lentil Keema & Rice	Baked Potatoes Cheese & Cowboy Beans
Dessert	Coconut Oat Bar	Mango Sorbet	Peach Slices with Cream	Watermelon	Greek Yoghurt & Raspberry Coulis

⇒ **Vegetarian – Meat and fish free**

⇒ **Pescatarian – Meat free**



Belmont Farm Nursery School Summer Menu

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 & Milk				
Morning snack	Seasonal Fruits & Vegetable Crudités				
Lunch	Chinese Style Egg & Vegetable Fried Rice	Turkey/ Meatless Mince Ragu with Rigatoni	Moroccan Lamb/ Chickpea & Mediterranean Vegetable Tagine with Couscous	Five Bean Chilli & Cheese Wholegrain Wrap	Garlic Roast Chicken/ Quorn Roast Potatoes with Vegetables & Gravy
Dessert	Strawberries & Cream	Melon Medley	Pineapple Chunks	Strawberry Mousse	Fresh Fruit Salad
Afternoon Snack	Crisp Bread with Smashed Avocado	Oatcakes with Pepper & Cucumber Sticks	Pitta Bread with Fresh Tomato Salsa & Cream Cheese	Bread Sticks with Red Pepper Hummus	Rice Cakes & Cream Cheese
Tea	Mediterranean Vegetable & Feta Pasta Salad	Margherita Pizza with Baked Beans	Tuna/Mixed Bean & Sweetcorn Pasta Bake with Carrots	Cod/Vegetable Jambalaya with Green Beans	Baked Potatoes Tuna/Cheese & Sweetcorn
Dessert	Apple Crumble	Pears with Greek Yoghurt	Peaches & Cream	Raspberry Pin Wheels	Banana with Greek 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 & Milk				
Morning snack	Seasonal Fruits & Vegetable Crudités				
Lunch	Chicken/ Lentil Vegetable Dhansak with Wholegrain Coconut Rice	Chicken/ Quorn Burger with Potato & Apple Salad	Macaroni Cheese with a Panko Crust served with Broccoli	Chicken/ Quorn Orzo Salad with Pepper Sticks	Penne Bolognese Beef/ Meatless Mince
Dessert	Mango Sorbet	Watermelon	Summer Fruits Crumble	Strawberry Mousse	Bananas with Greek Yoghurt
Afternoon Snack	Crackers with Cheese Sticks	Oat Cakes with Cream Cheese	Pitta Bread with Fresh Tomato Salsa	Bread Sticks with Zesty Hummus	Toasted Buttered Crumpets
Tea	Cajun Salmon/Tofu with Herb Bulgur Wheat & Yoghurt Dressing	Roasted Sun Dried Tomato & Butterbean Pesto Pasta	Lamb/ Meatless Mince Biryani with Carrots	Fishcakes/Garlic & Mushroom Bakes with Apple Slaw & Cucumber Sticks	Baked Potatoes Cheese & Cowboy Beans
Dessert	Banana Bread	Strawberries & Cream	Yoghurt & Raspberry Coulis	Mixed Melon	Fresh Fruit Salad

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