

# Summer Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereal, porridge, or weetabix with a variety milks or water A selection of fresh berries, stewed apples, bananas and cinnamon C/G, M				
<b>Snack</b>	Bread sticks and Fresh fruit platter W	Orange and melon or fresh in season fruit	Apple and pineapple	Wholemeal pita with tzatziki souce W, M, S	Fresh fruit platter
<b>Lunch</b>	Beef /Lentil spaghetti bolognaise ... with mixed salad W	Thai green chicken curry/Quorn ... With wholemeal rice W	Fish fingers ... With mash potatoes and peas F	Chicken and vegetable tikka masala ... with naan bread and rice W	Pasta and tuna flakes ... with fresh mixed salad and grated cheese W, F, M
<b>Dessert</b>	Fromage frais M	Orange sponge W	Banana and natural yoghurt M	Fresh fruit salad	Vanilla Ice cream and mango M
<b>Snack</b>	Oatcakes with carrot and pepper sticks W	Trio of melon	Cucumber and rice cakes W	Grapes and mango or fresh in season fruit	Crackers, carrots sticks and hummus W, S
<b>Hot Tea</b>	Baked potatoes with baked beans topped with cheese ... with mixed salad M	Haru's Mummy's Korean beef risotto with salad and whole wheat bagels W	Sadie's mum's Vietnamese turkey ... With vermicelli noodles and carrots W	Home made Wholemeal pizza Margherita with mushroom ... with mixed salad, peppers and sweetcorn M, W	Gnocchi with tomato and vegetable sauce ... with garlic bread W, M
<b>Dessert</b>	Baked apple cake W	Mixed in season fresh fruit salad	Banana flapjacks M	Apple crumble M	Fresh Fruit salad

- A variety of Milks and water offered during all snack times
- Cakes have 40g of fresh fruit/15g of dried fruit and made with no sugar
- If necessary, a vegetarian protien is always offered instead of the meat/fish option