

Summer Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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				
Snack	Carrot, cucumber and tzatziki and breadsticks W, S	Selection of Melon and watermelon	Breadsticks and pineapple M, S	Crackers and fruit platter W, S	Pitta bread, cream cheese and tomatoes W, M, S
Lunch	Beef chilli con carne with wholemeal rice	Roast Chicken and roast potatoes with peas	Salmon and broccoli pasta bake with salad W, M	Spaghetti bolognese and salad W	Cod fish fingers with baby potatoes and peas W
Dessert	Fruit salad	Make your own seasonal fruit skewers	Natural yoghurt M	Trio of melon	Coconut cake W
Snack	Pita, hummous and pepper W, S	Pear or apple	Orange and gapes	Oat cakes with banana W	Blueberries and grapes
Hot Tea	Vegetable tortellini in tomato sauce with salad W, M	Vegetables in tomato sauce with cousous, peppers and broccoli W	Mushroom and mixed vegetable risotto with salad	Sofia's Cabbage Greek Rice	Morrocان Cous-cous W
Dessert	Natural yoghurt and berry puree M	Carrot cake W	Mixed berries flap jacks W	Raspberry puree & natural yogurt M	Seasonal fruit platter

- 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