

Summer Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, porridge, or weetabix with a variety milks or water A selection of fresh berries, bananas and cinnamon C/G, M				
Snack	In season Fresh fruit platter	Mixed fruit and breadsticks W, S	Cheese, cucumber and pepper sticks, whole meal pitta W, S	Carrots, grapes, breadsticks, cheese and hummus W, M, S	Fresh fruit platter
Lunch	Belled peppers and beef/lentil with mixed vegetable cous cous W	Vegetable, mixed beef lasagne ... with mixed salad M	Turkey & pepper pasta ... With broccoli and homegrown basil M	Roast chicken/ Quorn ... with roast potatoes and broccoli	Spinach, beef and tomato meatballs ... With spaghetti and mixed salad W
Dessert	Natural yogurt with berries M	Raisin scones W	Fromage Frais with strawberries M	Trio of melon	Natural yogurt with fruit puree M
Snack	Carrot, pitta bread and hummus W, S	Watermelon and pineapple	Fresh fruit platter	Cucumber, tomato and Cheese sticks M	Fresh fruit platter
Hot Tea	Baked salmon with creamy avocado sauce ... with rice and homegrown parsley F, W	Jacket potatoes with savory beans, salad and cheese M	Fruity peppers with couscous and lentils and mixed vegetables in tomato souce topped with cheese ... With mixed green salad M, W	Vegan buckwheat pasta and chickpea salad with homegrown chives W	Cod fish fingers/ Veggie fingers ... with roasted new potatoes and sweetcorn F, W
Dessert	Lemon cake W	Fruit platter	Banana and Blueberry smoothies	Natural yoghurt M	Homemade fruit sorbet

- 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 option is always offered instead of the meat/fish option