

# SUMMER MENU 2019

@Wk 1	Breakfast 745- 845am	Lunch	2pm	Tea	Twilight Snack 530pm
Monday	A selection of healthy cereals and fresh fruit	Mediterranean Chicken with Potatoes ~ Parsnip & Syrup Cake	Locally sourced Milk or Dairy Alternative	Tuna, Pepper, Ricotta & Tomato Tart ~ Fresh seasonal fruit	A selection of homemade healthy snacks
Tuesday		Garlic bread ~ Hidden Vegetable Spaghetti Bolognese		Peter Rabbit's Pea & Lettuce Soup served with a crusty bread roll ~ Fresh Seasonal Fruit	
Wednesday		Creamy Salmon Tagliatelle served with peas ~ Homemade Jam Tarts		Goat's cheese, cherry toms & herb frittata ~ Fresh seasonal fruit	
Thursday		Garlic Bread ~ Roasted red pepper, mascarpone & tomato gnocchi		Feta & Confetti vegetable couscous salad ~ Scotch Pancakes with summer fruits, banana & honey	
Friday		Naan bread & mint dip ~ Chick Pea, potato & Spinach curry served with rice		Cheese & Chive muffins served with vegetable sticks ~ Seasonal Fresh fruit	

Fresh drinking water is available at all times.

All dietary requirements are catered for with alternative meals provided. Please speak to a member of staff if you would like specific ingredients.

# SUMMER MENU 2019

Wk 2	Breakfast 745- 845am	Lunch	2pm	Tea	Twilight Snack 530pm
Monday	A selection of healthy cereals and fresh fruit	Salmon & Cod in a chive sauce served with peas and smashed potatoes ~ Beetroot & chocolate brownies served with crème fraiche	Locally sourced Milk or dairy alternative	Eggy Bread served with dipping sauce ~ Seasonal fresh fruit	A selection of healthy snacks
Tuesday		Cheesy Cobbler ~ Chicken, broad bean & new potato stew		Tuna & Cream cheese Pate served with wholemeal toast & vegetable sticks ~ Eton Mess	
Wednesday		Mediterranean Mixed Bean Stew served on a bed of rice ~ Hummingbird Cupcakes		Pitta Pizza Pockets served with salad & vegetable sticks ~ Seasonal fresh fruit	
Thursday		Summer Vegetable Risotto ~ Courgette, lemon & poppy seed cake		Garlic & smoked paprika Potato wedges served with cheesy bean dip ~ Seasonal fresh fruit	
Friday		Cheeky Macaroni Cheese ~ Banana, Oat & Raisin Muffins		Lentil & Tomato Soup & a crusty bread roll ~ Seasonal fresh fruit	

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Wk 3	Breakfast 745- 845am	Lunch	2pm	Tea	Twilight Snack
Monday	A selection of healthy cereals & fresh fruit	Harissa spiced Turkey Couscous ~ Banana Bread	Locally sourced milk or dairy alternative	Cheese, tomato & Pesto snail bites ~ Seasonal Fresh Fruit	A selection of homemade healthy snacks
Tuesday		Creamy Chicken & Vegetable Pie served with Champ Mash ~ Greek Yoghurt with honey		Sliced baguettes served with children's choice of Pizza topping ~ Seasonal fresh fruit	
Wednesday		Courgette, Chick Pea & Coconut curry ~ Carrot Cake		Smoked Mackerel & Cheese Pate & a crusty bread roll ~ Seasonal fresh fruit	
Thursday		Shepherdess Pie with Garlic mash ~ Summer Fruit Cheesecake		Cucumber, tomato, spring onion, feta & mint Orzo salad ~ Seasonal fresh fruit	
Friday		Garlic Bread ~ Tuna, Courgette & Tomato Fusilli		Summer Vegetable & Cheese Quesadillas ~ Homemade Flapjack	

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