

Summer Menu 2020

Week 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Shredded Wheat with organic whole milk				
	Homemade yoghurt with seasonal fruit				
	Toast (wholemeal), crumpets, bagels or English muffins served with non-dairy spread and cup of organic whole milk				
MORNING SNACK	Selection of fresh seasonal fruit				
LUNCH	Red lentil and spinach curry served with wholegrain rice	Chicken and leek pie with puff pastry lid served with new potatoes	Vegetable lasagne served with garlic bread	Salmon fishcakes served with ratatouille	Lamb moussaka served with carrots
VEGETARIAN LUNCH		Mixed bean pie with puff pastry lid served with new potatoes		Chick pea cakes served with ratatouille	Quorn moussaka served with carrots
DESSERT	Fresh fruit or seasonal fruit salad, homemade yoghurt with fruit, stewed fruit and custard, rice pudding, frozen yoghurt, ice-cream, oat cookies, hot pudding or cake				
AFTERNOON SNACK	Homemade scones, cumin straws, wholemeal bread, rice cakes - served with homemade dips or houmous				
TEA	Fish finger sandwiches served with carrot sticks	Roast vegetable and red lentil wholemeal pasta	Potato served with lentil chili and vegetable sticks	Bean and cheese wraps served with sweetcorn and tomato salad	Homemade cheese wholemeal flatbread with mushroom and tomato served with boiled egg
VEGETARIAN TEA	Fishless finger sandwiches served with carrot sticks				
DESSERT	Fresh fruit or seasonal fruit salad, homemade yoghurt with fruit, stewed fruit and custard, rice pudding, frozen yoghurt, ice-cream, oat cookies, hot pudding or cake				

