

Summer Menu 2020

Week 1

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	Cauliflower and broccoli wholemeal pasta bake served with tomato salad	Beef lasagne served with garlic bread	Salmon and pea risotto	Shepherd's pie served with carrots	Fish cakes served with new potatoes and mushy peas
VEGETARIAN LUNCH		Vegetable lasagne served with garlic bread	Tofu and pea risotto	Shepherdess pie served with carrots	Red lentil cakes served with new potatoes and mushy peas
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	Sweet and sour vegetables served with rice noodles	Chef's homemade vegetable and lentil soup served with wholemeal bread	Jacket potato with cheese and baked beans served with vegetable sticks	Wholemeal pitta ham and tomato pizza served with cucumber sticks	Mexican chicken and bean served with wholemeal pasta and sweetcorn
VEGETARIAN TEA				Wholemeal pitta cheese and tomato pizza served with cucumber sticks	Bean and cheese served with wholemeal pasta and sweetcorn
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				

