

## SPRING AND SUMMER MENU

### WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S
AM SNACK	Pineapple and Breadsticks G	Pear and Teacakes G,SU	Banana and Muffins G,S	Pears and Pitta G	Plum and Crackers G
LUNCH	Italian Fish Stew F,G	Roast of the Week, chef's choice of meat with accompaniments	Butternut Squash Alfredo G,DA	Cowboy Pie with Peas G,SU,PU	Mexican Chilly Con Carne with Rice SU
ALTERNATIVE	Italian Cannellini Bean Stew G	Roasted Quorn pieces E	As Above	Vegetarian Option G,PU	Vegetarian Option SU
DESSERT	Mango Yogurt DA	Watermelon	Pear Crumble With Cream G,DA	Apricots	Raspberry Semolina G,DA
PM SNACK	Plum and Carrots	Orange and Tomatoes	Apples and Peppers	Satsuma & Cucumber	Melon and Carrot
TEA	Cheese & Tomato Tarts with Peppers sticks DA,G	Roast Red Pepper & Sweet Potato Soup with Rolls G	Pilchard Rolls with Cucumber DA,G,F	Egg Mayonaise Baps with Tomato Salad G,E	Turkey and Cheese Sandwiches & Pepper Sticks G,S,DA
ALTERNATIVE	Tomato Tarts G	As Above	Cheese Rolls DA,G	Cheese Baps G,DA	As Above
DESSERT	Pineapple	Viennese Biscuit G	Melon	Banana Cake E,G	Peaches

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### WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S
AM SNACK	Pineapple and Breadsticks G	Banana and Teacakes G,SU	Plum and Crackers G	Satsuma and Muffins G,S	Watermelon and Pitta G
LUNCH	Vegetable Tagine with Cous Cous G,PU	Chicken Linguine G	Fish Fingers with New Potatoes and Peas G,F	Curried Mince with Rice G,F	Minty Lamb Casserole with Boiled Potatoes
ALTERNATIVE	As Above	Quorn Linguine G	Falafel PU	Curried Quorn Mince E	Minty Bean Casserole PU
DESSERT	Peach & Cream DA	Marble Cake E,G	Mandarin Yogurt DA	Pears	Lemon Biscuits G
PM SNACK	Plum and Tomatoes	Satsuma and Peppers	Meloin and Carrot	Pineapple & Cucumber	Banana and Tomatoes
TEA	Ham & Cheese Sandwiches Cucumber sticks G,S,DA	Cream of Tomato & Lentil Soup with Pitta G,DA	Roast Red Pepper Pasta Salad G	Salmon Pate and Spinach Pinwheels with Veg. Sticks G,F,DA	Homemade Sausage Rolls and vegetable sticks G,E
ALTERNATIVE	As above	As above	As above	Hummus Pinwheels PU,G	Vegetarian Sausage Roll G
DESSERT	Lemon Drizzle Cake G,E	Apricots	Banana	Jelly & Fruit G,E	Fruit of the Forest Yogurt Da

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### WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S
AM SNACK	Orange and Pitta G	Pears and Crackers G	Banana and Muffin G,S	Watermelon and Teacakes G	Satsuma and Breadstick G
LUNCH	Pilchard Pasta G,F	Roast of the Week with accompaniments	Spinach, Sweet Potato & Lentil Dhal with Rice PU	Fish Pie F,DA	Chicken Fagiolii G,PU
ALTERNATIVE	Mediterranean Vegetable Pasta G	Vegetarian Sausages with Accompaniment S	As Above	Mix Bean Pie PU	Fagioli
DESSERT	Apples	Banana & Custard DA	Melon	Jelly	Scones with Whipped Cream & Strawberrys G
PM SNACK	Plums and Carrots	Satsuma and Tomato	Pineapple and Cucumber	Oranges & Peppers	Banana and Carrots
TEA	Chicken & Cheese Wraps with Sweetcorn & tomato G,Da	Jacket potato & Bake Beans PU	Tomato and Basil Linguine G	Cheese & Tomato Scrolls with Veg. Sticks G,Da	Tuna Mayonnaise Bagels and Cucumber G,DA
ALTERNATIVE	AS Above	As Above	As Above	As Above	Cream Cheese Bagel DA,G
DESSERT	Sugar Free Cookies G,E	Peaches	Jammy Biscuits G,E	Fruit Yogurt DA	Apricot

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### WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					
STAGE 3	Italian Fish Stew F,G	Roast of the Week	Butternut Squash Alfredo DA,G	Cowboy Pie with Peas G,SU,PU	Chilly con Carne
STAGE 2	As above	As above	As above	As above	As above
STAGE 1	Courgette & Potato	Carrot and Potato	Butternut And Broccoli	Pea and Carrot	Parsnip and Carrot
DESERT	Banana	Peaches	Pear	Apples	Papaya
TEA					
STAGE 3	Tomato and Pepper Soup with Pastry Fingers	Soup of the Week	Potato and Pilchard with Peas	Sweet Potato and Cabbage	Courgette and Swede
STAGE 2	As above	As Above	As Above	As above	As above
STAGE 1	Carrot and Swede	As Above	Potato And peas	As above	As above
DESERT	Apple	Pear	Melon	Banana	Nectarines

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### WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					
STAGE 3	Vegetable Tagine with Rice Pu	Chicken Linguine G	Fish Finger potatoes and peas G,F	Curried Mince with Rice	Minty Lamb Casserole with potatoes
STAGE 2	As above	As above	As above	As above	As above
STAGE 1	Sweet potato Bake	Butternut and Parsnip	Potatoes and Peas	Courgette and Rice	Carrot and potato
DESERT	Banana	Mango	Pears	Apple	Papaya
TEA					
STAGE 3	Swede and pea	Soup of the day PU	Tomato And Sweetcorn Pasta	Spinach and sweet potato	Cauliflower and potato Soup
STAGE 2	As above	As Above	As Above	As above	As above
STAGE 1	As above	Green Beans and Potatoes	Carrot and Swede	As above	As above
DESERT	Melon	Banana	Apricots	Plum	Banana

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### WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					
STAGE 3	Pilchard pasta G,F	Roast of the Week, chef's choice of meat with accompaniments	Spinach, Sweet Potato & Lentil Dhal with Rice PU	Fish Pies	Chicken Fagioli G
STAGE 2	As above	As above or Mix Vegetables and Potatoes	As above	As above	As above
STAGE 1	Courgette and potato	As above	Spinach and Sweet potato	Potato and Vegetables	Carrots and Sweet potato
DESERT	Plums	Banana	Melon	Pear	Apples
TEA					
STAGE 3	Broccoli and Sweet potato	Bake beans and Potato	Tomato and basil Linguine G	Butternut and Carrot	Cauliflower and potato Bake
STAGE 2	As above	As Above	As Above	As above	As above
STAGE 1	As above	Great Bean and potato	Broccoli and Cauliflower	As above	As above
DESERT	Apple	Peach	Plums	Banana	Mango

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