Week 1-Summer

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Selection of cereal, porridge, or weetabix with a variety of milks or water, selection of fresh berries and bananas** | | | | |
| **Morning snack** | **Apple & watermelon** | **Melon & raspberry** | **Pear & orange** | **Peach & pineapple** | **Strawberry & mango** |
| **Lunch** | **Cowboy casserole, with sausage, sweet potato, beans & tomatoes**  **2,14**  **Cowboy casserole with vegetarian sausages, sweet potato, beans & tomatoes**  **2,13,14** | **Chicken curry with brown rice & spinach**  **9,13**  **Tofu curry with brown rice & spinach**  **9,13,12** | **Macaroni cheese & peas**  **2,7** | **Shepherd’s pie with broccoli**  **2,13**  **Vegetarian mince shepherd’s pie with broccoli**  **2,13** | **Homemade salmon fishcakes, couscous, sauce & green beans**  **5,2**  **Cheese, onion & potato cake, couscous, sauce & green beans**  **7** |
| **Second course** | **Courgette cake & ice cream**  **2,7,13** | **Fruit crumble and cream**  **2,7,13** | **Raisin fairy cakes**  **2,7,14 7** | **Bananas & yoghurt**  **7,13** | **Rice pudding and fresh fruit puree**  **7** |
| **Light**  **Afternoon snack** | **Served with Milk/Water (appropriate to age and dietary requirements)** | | | | |
| **Oatcake and homemade cucumber dip** | **Breadsticks and homemade hummus** | **Wholemeal Pitta and vegetable sticks** | **Toasted crumpets and fresh raspberies** | **Selection of fresh fruit**  **And breadsitcks** |
| **Tea** | **Mushroom carbonara with wholemeal pasta**  **2,7** | **Fish fingers, potato wedges and vegetables**  **5,2**  **Veggie fingers, potato wedges & vegetables** | **Homemade pork mince rolls and cucumber sticks**  **2,14**  **Homemade vegetarian sausage rolls & cucumber**  **2,13,14** | **Homemade summer BBQ chicken, corn on the cob & wholeelal pitta fingers**  **12,13,2**  **Homemade quorn BBQ, sweetcorn & pitta fingers** | **Spaghetti and beans in homemade tomato sauce on toast**  **2,13** |

Week 2-Summer

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Selection of cereal, porridge, or weetabix with a variety of milks or water, selection of fresh berries and bananas** | | | | |
| **Morning snack** | **Melon & plum** | **Apple & pineapple** | **Pear & satsuma** | **Mango & raspberries** | **Blueberries & orange** |
| **Lunch** | **Cauliflower cheese, chickpea &**  **Sweet potato gratin**  **2,7** | **Beef lasagne with carrots**  **2,7**  **Vegetable lasagne with lentils & carrots**  **2,7** | **Spanish chicken & brown rice with mediterranean vegetables**  **Spanish tofu & brown rice with mediterranean vegetables**  **13,12,9** | **Salmon with new potatoes, green beans & parsley sauce**  **5,2,7**  **Quorn pieces with potatoes, green beans & parsley sauce**  **2,4,5,7** | **Pork & apple casserole with rice and broccoli**  **1,2,13**  **Tofu & apple casserole with rice & broccoli**  **1,2,13,12,9** |
| **Second course** | **Fruit scones**  **2,7** | **Fruit salad & crème fraiche**  **7** | **Carrot cake**  **4,2,14** | **Pear & sultana slice**  **2,14** | **Bakewell tart**  **2,7** |
| **Light**  **Afternoon snack** | **Served with Milk/Water (appropriate to age and dietary requirements)** | | | | |
| **Wholemeal pitta with homemade mango dip** | **Toasted crumpets with red pepper hummus** | **Oatcakes with a selection of fresh vegetables and cheese sticks** | **Selection of fresh fruit, breadsticks and sour cream dip** | **Breadsticks homemade cucumber dip** |
| **Tea** | **Vegetable & bean pasta bake**  **2,7** | **Homemade chicken fingers & tomato dip with potato croquettes**  **2,7**  **Homemade veggie nuggets, potato croquettes & homemade tomato dip**  **1,2,4,9,12,13** | **Homemade tukey pizza pinwheels and side salad**  **2,7,12** | **Homemade savoury muffins with carrot sticks**  **1,2,4,7,** | **Jacket potatoes with tuna and cheese**  **1,2,4,7** |

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Selection of cereal, porridge, or weetabix with a variety of milks or water, selection of fresh berries and bananas** | | | | |
| **Morning snack** | **Mango & pineapple** | **Pear & orange** | **Satsuma & blueberries** | **Blackberries & apple** | **Raspberries & melon** |
| **Lunch** | **Cheese & tomato pasta bake, with lentils**  **2,7** | **Moussaka & Cauliflower**  **2,7**  **Vegetable Moussaka & cauliflower**  **2,7** | **Salmon & white fish pie and peas**  **2,5,7**  **Tofu pie & peas**  **2,7,13,12,9** | **Chicken & broccoli wholemeal pasta bake**  **2,7**  **Quorn pieces & broccoli pasta bake**  **2,4,7** | **Chilli con carne with rice & courgette**  **Vegetarian chilli & rice, kidney beans & courgette**  **2,13** |
| **Second course** | **Strawberries and fromage frais**  **7,13** | **Passion fruit fool**  **7** | **Orange & oat biscuits**  **2,4,14** | **Lemon cake**  **2,7** | **Apple strudel & cream**  **2,7** |
| **Light**  **Afternoon snack** | **Served with Milk/Oat Milk (appropriate to age and dietary requirements)** | | | | |
| **Crackers with apple and cheese slices** | **Breadstick and homemade red pepper hummus** | **Warm wholemeal pitta bread with homemade cucumber dip** | **Oatcakes with vegetable sticks** | **Fresh fruit platter and wholemeal breadsticks** |
| **Tea** | **Homemade turkey goujons & vegetable chips**  **2,7**  **Tofu goujons & vegetable chips**  **2,7,13,9,12** | **Tuna & cheese pastry melts with**  **cucumber sticks**  **2,5,7**  **Cheese & onion pastry melts with cucumber sticks**  **2,7** | **Homemade pizza & Vegetable sticks:**   * **Chicken & peppers** * **Ham & Pineapple** * **Veg / onion**     **2,7** | **Jacket potato with cheese & reduced sugar/salt beans**  **7** | **Pitta pockets**   * **Coronation chicken** * **Ham & cheese** * **Cheese, benns & tomato**   **with salad including**  **lettuce, tomato, cucumber, sweetcorn, pepper** |

Week 3-Summer

Week 4-Summer

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Selection of cereal, porridge, or weetabix with a variety of milks or water, selection of fresh berries and bananas** | | | | |
| **Morning snack** | **Peach & blueberries** | **Mango & pear** | **Plum & satsuma** | **Strawberries & apple** | **Pineapple, blackberries and cheese cubes** |
| **Lunch** | **Butternut squash and chickpea tagine** | **Salmon pasta bake with courgette**  **2,5,7**  **Quorn Pasta bake with courgette**  **2,4,7** | **Chicken & leek pie with new potatoes and cabbage**  **2,7**  **Tofu & leek pie with new potatoes & cabbage**  **2,7,13,12,9** | **Turkey meatballs with rice, carrots and gravy**  **1,2,13**  **Vegetarian meatballs with rice, carrots & gravy**  **1,2,13** | **Spaghetti bolognaise with mushrooms**  **2**  **Vegetable ragu with spaghetti**  **2** |
| **Second course** | **Banana cake and custard**  **2,7** | **Crushed pineapple sundae with sprinkles**  **7** | **Date & apple slice with youghurt**  **2,14** | **Bread & butter pudding with crème fraiche**  **2,13,4,7,14** | **Sweet potato brownies**  **2,7** |
| **Light**  **Afternoon snack** | **Served with Milk/Water (appropriate to age and dietary requirements)** | | | | |
| **Fresh fruit platter with crackers and cheese sticks** | **Cucumber and pitta bread and tzatziki dip** | **Wholemeal muffin with pear** | **Breadstick with homemade cucumber dip** | **Oat cake and homemade hummus dip** |
| **Tea** | **Stuffed peppers with with couscous and chickpea and mixed vegetables in tomato sauce topped with cheese**  **Servied with side salad** | **Shredded chicken**  **with bubble & squeak with gravy**  **Cheese & veg bubble & squeak with gravy**  **7** | **Veggie fingers &**  **Cheesy Garlic Bread and Broccoli**  **2,7** | **Homemade chicken pesto pasta with veggies**  **2,4** | **Varied Pasties:**   * **Tuna, Cheese & veg** * **Mince & Veg** * **Potato, chickpea & Leek** * **Cucumber sticks**   **2,7** |