

SUMMER MENU 2017

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Non Sugar Cereals Fresh Fruit wholemeal toast Milk	Non Sugar Cereals Fresh Fruit wholemeal toast Milk	Non Sugar Cereals Fresh Fruit wholemeal toast Milk	Non Sugar Cereals Fresh Fruit wholemeal toast Milk	Non Sugar Cereals Fresh Fruit wholemeal toast Milk
SNACK	Fresh Fruit	Corn cakes and cream cheese	Toasted Crumpets	Apple and cheese chunks	Homemade scone and butter
LUNCH	Pasta with arrabiata sauce Bananas and ice cream	Garlic roasted new potatoes, sausage, green beans and peas Apricot and crème fraiche Eton mess	Lasagne and tomato and cucumber salad Melon and orange chunks	Tuscan Bean Soup and Tomato bread Courgette muffin	Summer curry and rice Lemon Cheesecake
AFTERNOON TEA	Crusty bread and smoked mackerel pate Fromage frais	Wholemeal egg and cress sandwiches Fresh fruit	Toasted triangles and baked beans Fromage frais	Bread sticks with a garlic and herb dip Fresh fruit	Crackers, cream cheese, pickles and cherry tomatoes Fromage frais

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Non Sugar Cereals Fresh Fruit wholemeal toast Milk	Non Sugar Cereals Fresh Fruit wholemeal toast Milk	Non Sugar Cereals Fresh Fruit wholemeal toast Milk	Non Sugar Cereals Fresh Fruit wholemeal toast Milk	Non Sugar Cereals Fresh Fruit wholemeal toast Milk
SNACK	Fresh Fruit	Toasted Bagels	Homemade malt loaf	Rice cakes and butter	Cheese chunks and breadsticks
LUNCH	Tomato and mascarpone soup and homemade herb bread Carrot cake	Chilli con carne and potato wedges Summer fruit fool	Sweet and sour chicken and rice Scone with jam and cream	Creamy Ham and mushroom spaghetti Apple and raspberry crumble and custard	Cheese and onion pie and baked beans Peaches and ice cream
AFTERNOON TEA	Tuna and apple pate and crispbreads Fresh Fruit	Ham and cream cheese pinwheels Fromage Frais	Pitta pockets and grated cheese Fresh Fruit	French bread and peanut butter Fromage Frais	Hot Dogs with butchers sausage Fromage frais

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Non sugar cereals Fresh Fruit wholemeal toast Milk	Non sugar cereals Fresh Fruit wholemeal toast Milk	Non sugar cereals Fresh Fruit wholemeal toast Milk	Non sugar cereals Fresh Fruit wholemeal toast Milk	Non sugar cereals Fresh Fruit wholemeal toast Milk
SNACK	Fresh Fruit	Lemon and poppy seed scone	Toast and Butter	Pitta strips and cream cheese	Apple and Grapes
LUNCH	Cheesy ham and pea risotto Pineapples and ice cream	Tuna, new potatoes and homemade coleslaw Strawberry Shortcake	Celery Soup with homemade soda bread Banana and bran muffin	Spaghetti Bolognaise Raspberry Milk Jelly	Ham and pineapple pizza and baked beans Rice Pudding
AFTERNOON TEA	French bread and pate fresh fruit	Homemade Sausage Plait fromage frais	Toasted Crumpets fresh fruit	Banana and crispbreads fromage frais	Coronation chicken sandwiches fresh Fruit

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Non sugar cereals Fresh Fruit wholemeal toast Milk	Non sugar cereals Fresh Fruit wholemeal toast Milk	Non sugar cereals Fresh Fruit wholemeal toast Milk	Non sugar cereals Fresh Fruit wholemeal toast Milk	Non sugar cereals Fresh Fruit wholemeal toast Milk
SNACK	Fresh Fruit	Toasted Crumpets	Banana Bread	Crispbreads and pate	Apple slices and breadsticks
LUNCH	Pasta Carbonara Pear and ginger muffin	Lamb meatballs in a tomato sauce with couscous Fruit Dippers with a natural yoghurt dip	Tuna Pasta Bake Homemade bara brith	Cauliflower gratin and new potatoes Banana and ice cream	Sausage Plait, peas and sweetcorn Fruit Trifle
AFTERNOON TEA	Rice cakes and tuna pate Fresh Fruit	Garlic potato wedges and dips Fromage Frais	Quesadilla's Fresh Fruit	Wholemeal salmon and cucumber sandwiches Fromage Frais	Garlic Bread Fresh Fruit