

Menus for Spring / Summer 2022

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal Toast	Cereal Toast	Cereal Toast	Cereal Toast	Cereal Toast
<b>Snack am/pm</b>	Fruit and veg selection Crackers	Fruit and veg selection Crackers	Fruit and veg selection Crackers	Fruit and veg selection Crackers	Fruit and veg selection Crackers
<b>Lunch</b>	Ratatouille with pasta  Strawberries and Cream	Lemon chicken or plant-based chicken style pieces and butternut squash risotto served with peas and sweetcorn  Spiced apple and raisin muesli bars	Rajma chawai and cucumber riata  Homemade cake and custard	Couscous served with roasted vegetables in a tomato sauce  Greek style yoghurt with fruit to dip	Oaty salmon fish cakes served with potato wedges and salad  Raspberry and peach cake
<b>Tea</b>	Sweet potato wedges with salad  Fruit salad with Greek style yoghurt	Warm pittas, carrot and cucumber sticks with homemade roasted aubergine dip  Berries with homemade ice cream	Bagels with cream cheese or fruit compote  Banana and spinach pancakes	Jacket potatoes with tuna, cheese and salad  Oatmeal cookies with apple and carrot	Pizza quesadillas  Yoghurt and fruit smoothie

***A choice of milk and water are served with all meals***