

Menus for Spring / Summer 2022

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Toast	Cereal Toast	Cereal Toast	Cereal Toast	Cereal Toast
Snack am/pm	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
Lunch	Courgette macaroni served with salad Strawberries and cream	Fish fingers, mashed potato, peas and homemade tomato ketchup Homemade minty melon ice lollies	Lamb or plant based mince stew and dumplings, served with mashed potato and green beans Greek style Yoghurt with fruit puree	Roast chicken or plant- based chicken style pieces with roast potatoes, gravy, broccoli and carrots. Mini pancakes with fresh fruit	Vegetable curry with rice and cucumber raita Melon and mango wedges
Tea	Vegetable nachos with homemade salsa and guacamole dip Fruity flapjacks	Cheese and tomato pizza muffins Mixed fruit smoothie	Hummus with carrot and cucumber sticks and wholemeal pitta bread Homemade Weetabix loaf	Selection of sandwiches (cucumber, cheese, lettuce and tomato) Natural yoghurt with a summer fruit compote	Stuffed potato skins with salad Fruit cakes

A choice of milk and water are served with all meals