

Menus for Spring / Summer 2022

Week 3

	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	Homemade pizza with vegetable topping, served with salad Strawberry milkshake	Roast chicken or Quorn served with gravy, roast potatoes, carrots and green cabbage Fruit Cakes	Vegetable fingers served with peas, homemade potato wedges and tomato sauce Fresh trifle	Spaghetti Bolognaise (made with lamb or plant-based mince) Banana and mango muffins	Mutter paneer or vegetable curry served with rice and raita Homemade Weetabix bars
Tea	Jacket potato with baked beans and cheese Homemade cookies	Pizza pockets with fish and vegetable sticks Watermelon smoothie	Summer vegetable soup served with brown bread Homemade carrot cake	Selection of sandwiches with cucumber, tomato and cream cheese Fruit Yoghurt	Spinach and cheese muffins served with tomato chutney Rice pudding with fruit puree

A choice of milk and water are served with all meals