

Summer menu week 1

Meal choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate
Lunch	Italian tomato pasta bake	Roast chicken/Quorn breast new potatoes and seasonal vegetables/salad	Beef/Veggie mince pasta bake with mixed salad	Fish/vegetable fingers, peas and sweetcorn	BBQ chicken with vegetable rice
Pudding	Fromage Frais	Marble sponge cake	Jelly	Fromage frais	Fruit salad
Tea	Baked beans with cheese on toast	Assorted sandwiches	Homemade rolls crudites	Macaroni cheese and garlic bread	Homemade pizza
Pudding	Homemade biscuit	Melon slices	Apple flapjack	Iced cake slice	Mini shortbread

Summer menu week 2

Meal choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate
Lunch	Cheesy/tomato pasta	Beef or vegetable chilli with rice	Jacket potato with cheese, beans, tuna.	Lemon and herb chicken with rice	Fish cake or vegetable fingers, roast diced potatoes and peas
Pudding	Fromage Frais	Ice cream and wafers	Fresh fruit salad	Fromage Frais	Fruit crumble cake with custard.
Tea	Assorted wraps	Quiche with baked beans	Homemade rolls with crudities	Spaghetti on toast	Homemade Pizza
Pudding	Iced cake slice	Homemade biscuit	Jelly	Melon slices	Oat and sultana cookie

Summer menu week 3

Meal choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate
Lunch	Tuna sweetcorn/herby tomato pasta	Roast chicken/Quorn with seasonal vegetables/salad	Fish or vegetable fingers with diced potatoes and peas	Spaghetti bolognaise with garlic bread	Sweet and sour chicken/Quorn with rice
Pudding	Natural yoghurt and fruit compote	Ice cream and wafers	Jelly	Fresh fruit salad	Melon slices
Tea	Chicken/Quorn fajita	Selection of sandwiches	Spaghetti on toast	Jacket potatoes with a selection of fillings	Pizza wraps
Pudding	Homemade cookie	Lemon sponge cake	Flapjack	Fromage frais	Homemade cookie

Summer menu week 4

Meal choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate	Fresh fruit/vegetables with selection of carbohydrate
Lunch	Tuna/tomato pasta	Lasagne and garlic bread	BBQ chicken and wedges	Homemade pizza and mixed salad	Fish cakes or vegetable burger with diced potatoes and peas
Pudding	Fromage frais	Fresh fruit salad	Jelly	Ice cream and wafers	Upside down pineapple cake
Tea	Homemade rolls with crudities	Spaghetti on toast	Cheesy pasta	Jacket potato and beans	Selection of wraps
Pudding	Pear sponge cake	Homemade cookie	Blueberry cake slice	Flapjack	Fromage frais