



Spring/Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Morning snack	Cereal/Whole meal toast with spread/ Fruit	Cereal/Toasted crumpet with spread/ Fruit	Cereal/Whole meal Toast with spread/ Fruit	Cereal/Whole meal toast with spread/ Fruit	Cereal/Toasted bagel with spread/ Fruit
Lunch	Cod and vegetable curry with rice (v) Mango and Natural Yoghurt	BBQ Chicken, cous cous and sweetcorn (v) Tofu in BBQ sauce, cous cous and sweetcorn Banana Bread	Sausage & bean bake with new potatoes (v) Quorn sausage and bean bake Pineapple	Spaghetti Bolognese with green beans and garlic bread (v) Vegetable and lentil Bolognese with Garlic bread Strawberry smoothie	Jacket Potato with topping of the week (tuna/cheese/beans/chilli) (v) Natural Yoghurt
Snack	Sugar snap peas and pear	Bread with spread and grapes	Cracker bread and cream cheese and cucumber sticks	Red and Yellow Peppers	Banana
Tea	Vegetable (Tomato and butterbean) soup with bread for dipping (v) Berries	Red pepper, lentil and tomato 'hidden' vegetable sauce' with penne pasta (v) Greek Yoghurt	Fishcakes and peas, with a bread roll (v) Ice cream and fruit	Chicken and quinoa in a vegetable sauce (v) Vegetable and chickpea quinoa Orange slices	Lamb and mint Koftas with Warm Pitta bread and cucumber sticks with homemade tzatziki dip (v) Falafel Homemade ginger biscuit and apple slices
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Morning snack	Various cereal options/Toasted Crumpet with spread/ Fruit	Various cereal options/Whole meal toast with spread/ Fruit	Various cereal options/Toasted bagel with spread/ Fruit	Various cereal options/Whole meal toast/ Fruit	Various cereal options/Whole meal toast/ Fruit
Lunch	Vegetable primavera whole meal pasta (v) Mandarins and Ice cream	Sheppard's Pie with Carrots (v) Soya, Vegetable and bean pie Pineapple	Chicken with spinach, sweet potato and lentil Dahl and naan bread (v) No chicken Raisins and custard	Beef and mushroom stroganoff and with white rice (v) Quorn mince and vegetable stroganoff Natural Yoghurt	Pastry topped fish pie with Green Beans Summer Crunch Crumble
Snack	Carrot sticks and Hummus dip	Crackers and cheese sticks, with cucumber	Pepper sticks and Tomato	Cracker bread with Banana	Bagel and Cream Cheese
Tea	Ploughman's Salad (Chicken, Ham, Pickle, French Bread, Cheese, Salad, Egg) (v) Meat alternative Natural Yoghurt	Gnocchi in creamy tomato sauce, with peas (v) Banana and blueberry smoothies	Salmon and broccoli pasta (v) Pears	Pitta bread with fish fingers and hummus (v) Apple cake	Chicken, lettuce and cucumber wraps (v) Vegetarian cheese lettuce and cucumber wraps Mango



Spring/Summer Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Morning snack	Various cereal options/Whole meal toast with spread/ Fruit	Various cereal options/Whole meal toast with spread/ Fruit	Various cereal options/ Toasted bagel with spread/Fruit	Various cereal options/Whole meal toast/Fruit	Various cereal options/ Toasted crumpet with spread/Fruit
Lunch	Sausage and new potatoes with mixed vegetables (v)Vegetable sausages, mash and vegetables in onion gravy Frozen Yoghurt	Veggie meatballs in tomato sauce and mushrooms with white spaghetti (v)Chickpea and vegetable balls Raspberries	Cod in parsley sauce with new potatoes and green beans (v) Yoghurt with peach puree	Quorn and vegetable curry with brown rice and chapattis (v) Apple	Gammon, with roasted sweet potato, mashed carrot and Swede (v) Eve's pudding and custard
Afternoon Snack	Hummus with cucumber sticks	Bread with spread and grapes	Cracker bread with red and yellow pepper	Rice cakes and carrot sticks	Bread sticks and orange slices
Tea	Fishcakes and peas with bread and spread (v) Pear	Chicken goujons with salad and hummus dip (v)Breaded vegetable fingers and Hummus dip Carrot Cake	Mac and cheese with broccoli and peas (v) Mandarins	Whole meal toast topped with beans in a tomato sauce and roasted red peppers (v) Banana and Yoghurt	Chicken and vegetable Fajitas topped with cheese (v)Soya Vegetable Fajitas with cheese Melon
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Morning snack	Various cereal options/Whole meal toast/Fruit	Various cereal options/Toasted bagel with spread/Fruit	Various cereal options/ Whole meal toast/Fruit	Various cereal options/Toasted crumpet with spread/Fruit	Various cereal options/ Whole meal toast/ Fruit
Lunch	Tuna and sweet corn pasta bake (whole meal pasta) (v) Banana flapjack	Thai green chicken curry with white rice and baby corn (v)Vegetarian lentil thai green curry with rice and baby corn (Contains coconut milk) Seasonal Fruit Salad	Quorn Enchiladas with mixed beans / fresh tomato salsa (v) Peaches	Lamb bake with leeks sweet corn and carrots topped with sliced potatoes (v)Tofu, Vegetable and potato pie Lemon Cake	Salmon in a white sauce with green beans and parsley potatoes (v) Plum slices topped with Yoghurt and a biscuit crumble
	Cracker bread with red/yellow pepper	Bread with spread and grapes	Hummus with cucumber sticks	Rice cakes and carrot sticks	Bread sticks and orange slices
Tea	Beef and vegetable rice bowl (v)Chickpea veggie burger) Greek Yoghurt	Ham and cheese sandwiches with salad (v)Vegetarian ham Sorbet	Sausage plait with salad sticks (v)Cheese and onion pastry roll with salad sticks Strawberries	Chicken and broccoli stir fry with rice noodles (v)Vegetable and bean stir fry Raspberries	Vegetable rice salad (v) Blueberries