

Week 1 WEEKLY SUMMER MENU

(Subject to change)

DAYS	BREAKFAST	SNACK	LUNCH	TEA
MONDAY MILK CHEESE EGGS FISH	Choice of Cereals / toast. Milk & Water	Banana & Cucumber Milk & Water	Spanish Chicken stew/ Tofu with Saffron Rice Ice Cream and peaches	Assorted sandwiches jam cheese, & tuna Milk & Water <i>Couscous with mixed Veg</i>
TUESDAY MILK CHEESE	Choice of Cereals / toast. Milk & Water	Breadstick/ Carrot Milk & Water	Jacket Potatoes with cheese, Baked beans Natural yoghurt & Banana	Pizza & Salad Milk & Water <i>Sweet potato, tuna and cheese</i>
WEDNESDAY MILK CHEESE EGGS WHEAT	Choice of Cereals / toast. Milk & Water	Pear/Cherry Tomatoes Milk & Water	Vegetable Couscous with salad Fruit cocktail	Quiche and Salad Milk & Water <i>Quiche no cream for layla</i>
THURSDAY MILK CHEESE	Choice of Cereals / toast. Milk & Water	Clementines/apple/rice cakes Milk & Water	Lamb/Tofu and Roast Potatoes with Fresh Vegetables Watermelon	Crackers & jam/butter Milk & Water <i>cheese and cauliflower bake</i>
FRIDAY MILK FISH CHEESE	Choice of Cereals / toast. Milk & Water	Carrot & Celery Milk & Water	Lentil Vegetable Curry, Rice Yoghurt & Honey	Waffles & beans & cheese Milk & Water <i>Fish and Vege fingers & baked beans</i>

Week 2

WEEKLY SUMMER MENU

(Subject to change)

DAYS	BREAKFAST	SNACK	LUNCH	TEA
MONDAY MILK CHEESE FISH	Choice of Cereals / toast. Milk & Water	Apples / Carrot Milk & Water	Fish/Veggie-fingers, potatoes & Gravy Melon Slices	Jam sandwiches, carrot and cucumber sticks Noodles Vege and Cheese
TUESDAY MILK CHEESE	Choice of Cereals / toast. Milk & Water	Pear/Clementine & breadsticks Milk & Water	Spaghetti / Quorn/Tofu) Bolognese Fresh Fruit	Buttered teacakes banana /pears Vege fingers and cheese.
WEDNESDAY MILK CHEESE EGGS CELERY	Choice of Cereals / toast. Milk & Water	Melon/Celery Milk & Water	Lamb /Tofu curry with rice Ice cream/peaches	Omelette and crumpet Apples/pears crudities Waffles & cheese
THURSDAY MILK CHEESE FISH	Choice of Cereals Toast Milk & Water	Tangerine/Breadstick Milk & Water	Macaroni cheese with mixed vegetables Fresh Fruit slices	Crackers, cheese Bananas/apple crudities Jacket potatoes & tuna,beans & cheese
FRIDAY MILK CHEESE FISH	Choice of Cereals / toast. Milk & Water	Rice cakes/Carrot Milk & Water	Roast chicken/Tofu, with roast potatoes, Seasonal vegetables Fresh fruit	Spaghetti hoops on toast Oranges Sphagetti hoops , toast tuna, cheese

Week 3 WEEKLY SUMMER MENU

(Subject to change)

DAYS	BREAKFAST	SNACK	LUNCH	TEA
MONDAY MILK CHEESE EGGS	Choice of Cereals / toast. Milk & Water	Apple/carrot/ Milk & Water	Ice cream and peaches	Pancakes Banana/pears Pancakes L no milk
TUESDAY MILK CHEESE FISH	Choice of Cereals / toast. Milk & Water	pear/celery Milk & Water	Tuna & sweetcorn Pasta bake with green beans Banana & Custard	Warm potato skin with homemade dips Cheese and cauliflower bake
WEDNESDAY MILK CHEESE	Choice of Cereals / toast. Milk & Water	Rice cake/banana Milk & Water	Chicken / Quorn/Tofu curry with rice and Fruit Yoghurt	Pita bread with humous & Cucumber Vege noodles
THURSDAY MILK CHEESE EGGS	Choice of Cereals / toast. Milk & Water	Digestive /cucumber Milk & Water	Chinese vegetables & Eggs Noodles Melon slices	Crackers and cheese Pears /apples Sphagetti rings with toast
FRIDAY MILK CHEESE EGGS	Choice of Cereals / toast. Milk & Water	Clementine /apple Milk & Water	SHEPERDS/QUORN pie with salad Rice pudding	Assorted sandwich Apples/pears Plain noodles with beans

Week 4 WEEKLY SUMMER MENU*(Subject to change)*

DAYS	BREAKFAST	SNACK	LUNCH	TEA
MONDAY <small>MILK CHEESE EGGS</small>	Choice of Cereals / toast. Milk & Water	Milk & Water Melon/carrot	Fish finger/ boiled potatoes with, spaghetti hoops. Fresh Fruit Medley	Spanish Omelette, toast Apples/ strawberries <i>Cheese and cauliflower bake</i>
TUESDAY <small>MILK CHEESE</small>	Choice of Cereals / toast. Milk & Water	Milk & Water Apple/raisins	Chili con carne and rice Ice-cream/peaches	Crumpets, honey/butter Bananas/pears <i>Macaroni with cheese.</i>
WEDNESDAY <small>MILK CHEESE CELERY</small>	Choice of Cereals / toast. Milk & Water	Milk & Water Tangerine/celery	Broccoli, cauliflower and Pasta bake Natural yoghurt	Waffles with baked beans Apples/bananas <i>Potato waffles with beans</i>
THURSDAY <small>MILK CHEESE EGGS</small>	Choice of Cereals / toast. Milk & Water	Milk & Water Pear/cherry tomatoes	Chicken/Quorn/Tofu stir fry with rice/noodles Fruit Cocktail	Buttered teacakes <i>Vege fingers and cheese.</i>
FRIDAY <small>MILK CHEESE EGGS</small>	Choice of Cereals / toast. Milk & Water	Milk & Water Water Melon/carrot	Chickpea masala and rice Custard and Sponge	Cheese and crackers, Apples/pears crudities <i>Broccoli and potatoes with cheese.</i>