

Summer Menu 2020

Week 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Shredded Wheat with organic whole milk				
	Homemade yoghurt with seasonal fruit				
	Toast (wholemeal), crumpets, bagels or English muffins served with non-dairy spread and cup of organic whole milk				
MORNING SNACK	Selection of fresh seasonal fruit				
LUNCH	Vegetable lentil dansak and wholegrain rice	Mashed potato topped fish pie served with green beans	Lamb tagine served with cous cous	Roast chicken served with new potatoes and seasonal vegetables	Ham and macaroni cheese served with green lentil salad
VEGETARIAN LUNCH		Mashed potato topped fishless pie served with green beans	Vegetable tagine served with cous cous	Roast Quorn fillets served with new potatoes and seasonal vegetables	Macaroni cheese served with green lentil salad
DESSERT	Fresh fruit or seasonal fruit salad, homemade yoghurt with fruit, stewed fruit and custard, rice pudding, frozen yoghurt, ice-cream, oat cookies, hot pudding or cake				
AFTERNOON SNACK	Homemade scones, cumin straws, wholemeal bread, rice cakes - served with homemade dips or houmous				
TEA	Tortilla wrap with various fillings and vegetable sticks	English muffin pizzas with cheese and tomato topping served with cucumber sticks and houmous	Tuna, egg and tomato salad served with new potatoes	Tomato and canellini bean wholemeal pasta salad served with carrot sticks	Chef's potato, leek and lentil soup served with wholemeal bread
VEGETARIAN TEA			Egg and tomato salad served with new potatoes		
DESSERT	Fresh fruit or seasonal fruit salad, homemade yoghurt with fruit, stewed fruit and custard, rice pudding, frozen yoghurt, ice-cream, oat cookies, hot pudding or cake				

