FOOD Spring & Summer menu - week 1

partou

Morning snack

Lunch

Vegetarian lunch

High tea

Vegetarian high tea

MONDAY

Breadsticks & peaches



Fiesta bean & rice bowl





Orange wedges & yoghurt

Fiesta bean & rice bowl







Orange wedges & yoghurt

Salmon stuffed spuds





Sliced apple

Lentil stuffed spuds





Sliced apple

TUESDAY

Cream cheese rice cakes & strawberries



Little farmers' chicken pie





Fruit & spiced yummy yoghurt dip

Little farmers' veggie pie





Fruit & spiced yummy yoghurt dip

Picnic pitta pizzas





Banana & cinnamon bites

Picnic pitta pizzas





Banana & cinnamon bites

WEDNESDAY

Buttered crumpet with satsumas



Cheesy cowbow bean bake





Colour burst fruit kebabs

Cheesy cowbow bean bake





Colour burst fruit kebabs

Yummy tummy chicken







Yummy tummy tofu wraps



THURSDAY

Banana & ricotta smash on oatcakes



Magic bean spaghetti





Traffic light fruit salad

Magic bean veggie spaghetti





Traffic light fruit salad

Rainbow rolls





Grapes







Grapes

FRIDAY

Pitta pocket with houmous & carrot



Grow strong tuna pasta





Frozen voghurt blueberry bark

Grow strong beanie pasta bake





Frozen yoghurt blueberry bark

> Summer sunshine couscous salad



Pineapple & mint





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• Fruit is available in the afternoon for children to help themselves to.





















































vegetable portion





dairy foods









Spring & Summer menu - week 2

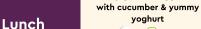


Morning snack

Vegetarian lunch

High tea

Vegetarian high tea







Sunny garden veggie rice with cucumber & yummy yoghurt

MONDAY

Butter bean huomous &

rice cakes

Sunny garden veggie rice

yoghurt





Mango

Cheese & turkey veggie wraps with crunchy pepper sticks





Raspberries

Cheese & lentil veggie wraps with crunchy pepper sticks





Raspberries















TUESDAY

Tomatoes on toast

Zesty chicken with broccoli

flatbreads & yummy yoghurt

Saucy berry delight

Tangy Tofu with broccoli

flatbreads & yoghurt dip

Tuna-tastic stuffed jackets

with creamy coleslaw

Watermelon & mint salad with oatcakes

Cheesy beanie stuffed jackets

with coleslaw

Watermelon & mint salad with oatcakes









WEDNESDAY

Grapes & breadsticks



Cheesy veggie pasta bake with 'eat the rainbow' veggies





Cheesy veggie pasta bake with 'eat the rainbow' veggies





egg, cheese & avocado





Creamy peachy cups

egg, cheese & avocado















Cheese & oatcakes



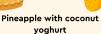
Ocean fish pie with squeaky green beans



Pineapple with coconut yoghurt

Creamy lentil & vegetable pie with squeaky green beans





Mango tango chicken pitta pocket with pepper sticks





Smoothie fruit lolly

Mango tango tofu pitta pocket with pepper sticks





Smoothie fruit lolly

















change slightly based on available ingredients.

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Sunny summer salad with





Sunny summer salad with







































Spiced bananas

FRIDAY

Apricots & buttered

crumpets

Super savoury chilli with

zingy rice & peas

Spiced summer berry

compote with yoghurt

Super savoury veggie chilli

with zingy rice & peas

Spiced summer berry

compote with yoghurt

Egg sarnie & pink salad

Spiced bananas

Egg sarnie & pink salad









Fruit and vegetable portion



Meat, fish, eggs, beans & non dairy protein portion







Spring & Summer menu - week 3

Morning snack

Lunch

Vegetarian lunch

High tea

Vegetarian high tea

MONDAY

Buttered crumpet & satsumas



Sunny spiced spinach rice with peas



Strawberry swirly yoghurt

Sunny spiced spinach rice with peas

Strawberry swirly yoghurt

Dip & dunk flatbread fun with sweet potato dip



Dip & dunk flatbread fun with sweet potato dip



TUESDAY

Beetroot dip with rice cakes



Paprika chicken with golden crunchy potatoes & zesty lemon dip with magic green



Pineapple, mango & mint magic

Paprika chickpeas with golden crunchy potatoes & zesty

WEDNESDAY

Avocado bagel





Rainbow veggies, fish curry & wiggly noodles





Creamy custard & fruit sauce

Rainbow veggies, aubergine curry & wiggly noodles

THURSDAY

Oatcakes with houmous





Chicken & vegetable comfort crumble





Apple & apricot bites

Lovely lentil comfort crumble





Apple & apricot bites

Tasty tomato bean bowl





Banana & cinnamon bites

Tasty tomato bean bowl





Banana & cinnamon bites







FRIDAY

Toasted English muffin with

carrots & apples

Oozy cheesy pasta

Melon & grape mix-up

Oozy cheesy pasta

Melon & grape mix-up

Tea party savoury scones with

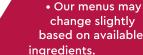
mackerel pate

Peaches

Tea party savoury scones with

houmous





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