

FOOD Spring & Summer menu - week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Breadsticks & peaches 	Cream cheese rice cakes & strawberries 	Buttered crumpet with satsumas 	Banana & ricotta smash on oatcakes 	Pitta pocket with houmous & carrot
Lunch	Fiesta bean & rice bowl 	Little farmers' chicken pie 	Cheesy cowbow bean bake 	Magic bean spaghetti 	Grow strong tuna pasta bake
Vegetarian lunch	Fiesta bean & rice bowl 	Little farmers' veggie pie 	Cheesy cowbow bean bake 	Magic bean veggie spaghetti 	Grow strong beanie pasta bake
High tea	Salmon stuffed spuds 	Picnic pitta pizzas 	Yummy tummy chicken wraps 	Rainbow rolls 	Summer sunshine couscous salad
Vegetarian high tea	Lentil stuffed spuds 	Picnic pitta pizzas 	Yummy tummy tofu wraps 	Rainbow rolls 	Summer sunshine couscous salad



4 5 2 4

4 6 2 5

3 6 2 4

3 6 2 3

3 6 3 4



Starchy portions



Fruit and vegetable portion



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



Milk and dairy foods



• Our menus may change slightly based on available ingredients.

• Breakfast is served every day. We serve a selection of wholegrain cereals, toast and fruit. Cereals used are listed in the allergens information.

• Water is available all day. Milk is offered at snack and teatime too.

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

FOOD Spring & Summer menu - week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Butter bean hummous & rice cakes 	Tomatoes on toast 	Grapes & breadsticks 	Cheese & oatcakes 	Apricots & buttered crumpets
Lunch	Sunny garden veggie rice with cucumber & yummy yoghurt Mango	Zesty chicken with broccoli flatbreads & yummy yoghurt dip Saucy berry delight	Cheesy veggie pasta bake with 'eat the rainbow' veggies Cheese & oatcakes	Ocean fish pie with squeaky green beans Pineapple with coconut yoghurt	Super savoury chilli with zingy rice & peas Spiced summer berry compote with yoghurt
Vegetarian lunch	Sunny garden veggie rice with cucumber & yummy yoghurt Mango	Tangy Tofu with broccoli flatbreads & yoghurt dip Mango	Cheesy veggie pasta bake with 'eat the rainbow' veggies Cheese & oatcakes	Creamy lentil & vegetable pie with squeaky green beans Pineapple with coconut yoghurt	Super savoury veggie chilli with zingy rice & peas Spiced summer berry compote with yoghurt
High tea	Cheese & turkey veggie wraps with crunchy pepper sticks Raspberries	Tuna-tastic stuffed jackets with creamy coleslaw Watermelon & mint salad with oatcakes	Sunny summer salad with egg, cheese & avocado Creamy peachy cups	Mango tango chicken pitta pocket with pepper sticks Smoothie fruit lolly	Egg sarnie & pink salad Spiced bananas
Vegetarian high tea	Cheese & lentil veggie wraps with crunchy pepper sticks Raspberries	Cheesy beanie stuffed jackets with coleslaw Watermelon & mint salad with oatcakes	Sunny summer salad with egg, cheese & avocado Creamy peachy cups	Mango tango tofu pitta pocket with pepper sticks Smoothie fruit lolly	Egg sarnie & pink salad Spiced bananas
	3 5 3 3	4 5 2 3.5	4 6 2 4	4 4 2 5	3 6 2 4



Starchy portion



Fruit and vegetable portion



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



Milk and dairy foods



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FOOD Spring & Summer menu - week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Buttered crumpet & satsumas 	Beetroot dip with rice cakes 	Avocado bagel 	Oatcakes with houmous 	Toasted English muffin with carrots & apples
Lunch	Sunny spiced spinach rice with peas 	Paprika chicken with golden crunchy potatoes & zesty lemon dip with magic green wands Pineapple, mango & mint magic	Rainbow veggies, fish curry & wiggly noodles 	Chicken & vegetable comfort crumble 	Oozy cheesy pasta
Vegetarian lunch	Sunny spiced spinach rice with peas 	Paprika chickpeas with golden crunchy potatoes & zesty lemon dip with magic green wands Pineapple, mango & mint magic	Rainbow veggies, aubergine curry & wiggly noodles 	Lovely lentil comfort crumble 	Oozy cheesy pasta
High tea	Dip & dunk flatbread fun with sweet potato dip Apples	Beanie pasta salad Watermelon & mint salad	Munch & crunch platter Orange wedges	Tasty tomato bean bowl Banana & cinnamon bites	Tea party savoury scones with mackerel pate Peaches
Vegetarian high tea	Dip & dunk flatbread fun with sweet potato dip Apples	Beanie pasta salad Watermelon & mint salad	Munch & crunch platter Orange wedges	Tasty tomato bean bowl Banana & cinnamon bites	Tea party savoury scones with houmous Peaches
	3 5 2 3	3 5 2 4	3 5 2 3.5	3 5 3 4	3 6 2 4



Starchy portion



Fruit and vegetable portion



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



Milk and dairy foods



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