

Example of our Summer menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				
Selection of Cereals with Milk Toast, Croissants, Muffins Fresh Fruit	Selection of Cereals with Milk Toast, Croissants, Muffins Fresh Fruit	Selection of Cereals with Milk Toast, Croissants, Muffins Fresh Fruit	Selection of Cereals with Milk Toast, Croissants, Muffins Fresh Fruit	Selection of Cereals with Milk Toast, Croissants, Muffins Fresh Fruit
Morning Snack				
Strawberry and banana smoothie	Fresh pear and apple segments	Apple and satsumas	Fruit salad	Bananas and milk
Lunch				
White fish in a creamy parsley sauce served with new potatoes and green beans ~ Raspberry chia seed pudding	Lamb kebabs, BBQ'd veggies, baby baked potatoes and homemade tzatziki ~ Pineapple sponge	Chicken, sweet potato and parsnip tagine served with mixed rice ~ Bananas and chilled custard	Asian style pork, vegetable and noodle stir fry ~ Fruity flapjack	Spring chicken casserole served with mashed potato and summer veg ~ Crunchy summer crumble and yoghurt
Afternoon Snack				
Tomatoes, mozzarella and bread sticks	Cheddar Cheese and grapes	Fruit and yoghurt popsicles	Pitta bread and cheese spread	Cheese, apple and crackers
Tea				
Savoury omelette with potato salad and cucumber ~ Mandarin segments with vanilla ice cream	Chicken and vegetable couscous salad ~ Fruit jelly	Tuna, sweetcorn and Italian herbed fusilli pasta ~ Summer berries and crème fraiche	Veggie rainbow wraps ~ Frozen yoghurt and mango puree	Homemade (nut free) pesto pasta with grilled white fish and roasted tomatoes ~ Fruit selection