



Summer Menu .

WEEK 1.

	Breakfast 9am	Snack 10:15am	Lunch 11:20am/ 11:45am	Snack 2pm/ 2:15pm	Tea 3pm/ 3:15pm	Snack 5:30pm
Monday	Weetabix with slice of fruit Water to drink	Oranges & Banana Water to drink	Beef cottage pie, sweet potato & cheese top, with sweetcorn & green beans. Extra gravy to serve. Mixed Berry Crumble & whipped cream Water to drink	Breadsticks Water to drink	Wholemeal tuna spread sandwiches with cucumber sticks Fruit yoghurts Water to drink	Apples & Pears Water to drink
Tuesday	Toasted tea cakes with butter. Slice of fruit Milk to drink	Apples & Pears Water to drink	Roast gammon with mash & mixed veg. Extra gravy to serve. Bananas & Custard Water to drink	Melba toast with cheese spread Water to drink	Scrambled eggs made with milk, on wholemeal buttered toast. Fruit Salad Water to drink	Oranges & Apples Water to drink
Wednesday	Porridge topped with sliced banana Water to drink	Breadsticks & Cheese dip Water to drink	Chicken and Mix Veg Paella Lemon Drizzle Cake Water to drink	Oatmeal & chopped apple Cookies Water to drink	Buttered Jacket potatoes with cheese & beans Fruit yoghurts Water to drink	Bananas & Apples Water to drink
Thursday	Rice crispies with sultanas Water to drink	Bananas & Oranges Water to drink	Ham, egg & potato tortilla with salad & Savoury Rice Strawberry mousse Water to drink	Apples & Pears Water to drink	Cheese spread on wholemeal sandwiches with pepper sticks Butterfly cakes Water to drink	Apples & Pears Water to drink
Friday	Cornflakes & slice of fruit Water to drink	Apples & Oranges Water to drink	Sausages, cheesy mash & peas. Extra gravy to serve. Rice pudding & sultanas Water to drink	Yam & jam muffins Water to drink	Wholemeal toast & spaghetti hoops Fruity flapjacks Milk to drink	Bananas & Pears Water to drink