

Summer Menu
June, July and August

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Buttered crackerbread and banana slices	Rice cake and red and green grapes	Cracker with marmite and melon slices	Oat cake and apple slices	Home made cheese scone and orange segments
Main	Macaroni with red Leicester and cheddar cheese, French bread and salad	Cod & chorizo stew with rice	Cottage pie with French beans, cauliflower, and gravy	Herby roast chicken, roast potatoes, cabbage, green beans, carrots and gravy	Sweet and sour pork with noodles, peas and sweet corn
Dessert	Fresh fruit salad	Peach crumble with cream	Semolina and sultanas	Home made cocoa and beetroot sponge with custard	Couli and icecream
Afternoon Snack	Buttered malt loaf and blueberries	Homemade ginger biscuit with apple	Bagel and cream cheese with grapes	Marmite sandwich with banana	Home made humus with pitta bread and pepper slices
High Tea	Homemade lentil and vegetable soup with bread and butter	Homemade tomato and vegetable pizza with crunchy homemade coleslaw	Chicken and vegetable couscous salad	Sweet corn and bacon quiche and ratatouille	Carrot and corriander soup with crusty bread