

Summer Menu
June, July and August

Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|---|---|---|
| Morning Snack | Ginger biscuit and pear slices | Rice cake and sliced orange, red, and yellow peppers | Cracker with marmite and carrot sticks/ grated carrot | Oat cake and apple slices | Breadstick and orange segments |
| Main | Sweet and sour pork with noodles, peas and sweet corn | Thai style chicken curry with rice | Savoury mince, ratatouille and new potatoes | Fish pie with green beans | Three cheese macaroni cheese, French bread and salad |
| Dessert | Peaches and cream | Apple pie with ice cream | Semolina and sultanas | Cranberry fresh fruit salad | Coulis and ice-cream |
| Afternoon snack | Rice cake with pineapple cubes | Buttered fruit loaf with pear slices | Oat cake with watermelon cubes | Ginger biscuit with cucumber rings | Buttered cracker with grapes |
| High Tea | Jacket potato's with baked beans and homemade coleslaw | Pesto pasta and a crunchy rainbow salad | Chicken Fricassee on a bed of rice | Chicken and vegetable couscous salad with cheesy garlic bread | Sweet potato and butternut squash soup with toasted fingers |
| Dessert | Natural yogurt and fruit coulis | Fresh fruit salad | Mandarins and evaporated milk | Rice pudding with peaches | Rhubarb crumble with custard |