

Summer Menu
June, July and August

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice cake and apple slices	Ginger biscuit with watermelon	Buttered fruit loaf and sliced pears	Bread stick and orange, red and yellow pepper slices	Cracker with cheese spread and cucumber
Main	Beef bourguignon with broccoli and roast potatoes	Pork and apple casserole with new potatoes kale	Fish pie with topped mixed mashed potato, peas and sweet corn.	Mozzarella and tomato pasta bake with mixed salad	Chicken korma with rice and poppadum's
Dessert	Mango coulis and ice cream	Fresh fruit salad	Rice pudding with sultanas	Rhubarb Crumble with vanilla sauce	Milk Jelly
Afternoon snack	Fruit loaf with orange segments	Rice cake with carrot batons/grated carrot	Multigrain cracker with apple slices	Oat cake with pineapple chunks	Breadstick with banana
High Tea	Vegetable goulash with pasta and French beans	Mixed bean and vegetable chilli with rice	Carrot and coriander soup with bread and butter triangles	Sausage casserole with warm crusty bread	Homemade salmon bites with ratatouille and tiger wedges
Dessert	Semolina with apricots	Homemade st Clements sponge and custard	Fruit salad	Ice cream topped with peach coulis	Peaches and natural yogurt