

# SUMMER MENU

WK 1	AM SNACK	LUNCH	PM SNACK	TEA
<b>MON</b>	<ul style="list-style-type: none"> <li>Muffin</li> <li>Pear</li> </ul>	<ul style="list-style-type: none"> <li>Jacket potato with baked beans &amp; cheese</li> <li>Fruit salad with cream</li> </ul>	<ul style="list-style-type: none"> <li>Rice cake</li> <li>Carrot</li> <li>Ham</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; veg pasta*</li> <li>Raspberry muffin</li> </ul>
<b>TUE</b>	<ul style="list-style-type: none"> <li>Carrots</li> <li>Houmous</li> </ul>	<ul style="list-style-type: none"> <li>Sweet &amp; Sour chicken*,brown rice &amp; mixed veg</li> <li>Crunchy summer crumble with custard</li> </ul>	<ul style="list-style-type: none"> <li>Oatcake</li> <li>Apple</li> </ul>	<ul style="list-style-type: none"> <li>Picnic tea*** with breadsticks</li> <li>Homemade scones with strawberries &amp; crème fraiche</li> </ul>
<b>WED</b>	<ul style="list-style-type: none"> <li>Wholemeal toast</li> <li>Grapes</li> </ul>	<ul style="list-style-type: none"> <li>Fish pie* with carrots &amp; green beans</li> <li>Blueberries &amp; sorbet</li> </ul>	<ul style="list-style-type: none"> <li>Pitta bread</li> <li>cucumber</li> <li>Dips</li> </ul>	<ul style="list-style-type: none"> <li>French stick with cheese triangle &amp; veg sticks****</li> <li>Peaches &amp; milk pudding</li> </ul>
<b>THUR</b>	<ul style="list-style-type: none"> <li>Bagel</li> <li>Tomato</li> <li>Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Sausage in a roll with baked beans</li> <li>Yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Breadsticks</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; veg couscous*</li> <li>Ice cream in a wafer with strawberries</li> </ul>
<b>FRI</b>	<ul style="list-style-type: none"> <li>Fruit loaf</li> <li>Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>Macaroni cheese with peas &amp; sweetcorn</li> <li>Banana custard</li> </ul>	<ul style="list-style-type: none"> <li>Crackers</li> <li>Carrot sticks</li> </ul>	<ul style="list-style-type: none"> <li>Rolls***** &amp; crisps</li> <li>Fresh fruit*****</li> </ul>

*	A variety of veg in the above dishes sweet potato onions, peppers, pineapple, tomatoes, sweetcorn, peas, butter beans, cucumber & carrots
**	Oranges, pineapple, strawberries, pear, apples, melon & banana
***	Cheese, scotch egg, cocktail sausages, ham, baby tomatoes, sweetcorn, cucumber & dip
****	Veg sticks, tomatoes, carrot, sweetcorn
*****	All bread is wholemeal or 50/50. Fillings for rolls – egg mayo, chicken, tomato, cucumber & lettuce.
*****	Pineapple, melon & orange.
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