

SUMMER MENU

WK 3	AM SNACK	LUNCH	PM SNACK	TEA
MON	<ul style="list-style-type: none"> • Rice cake • Orange 	<ul style="list-style-type: none"> • Broccoli & Lentil pasta with peas & carrots • Banana custard 	<ul style="list-style-type: none"> • Pitta bread • Sweetcorn 	<ul style="list-style-type: none"> • Chicken cous cous* • Carrot cake with cream
TUE	<ul style="list-style-type: none"> • Bagel • ham • tomato 	<ul style="list-style-type: none"> • Fish fingers, new potato, green beans, cauliflower with parsley sauce • Pineapple upside down pudding with ice cream 	<ul style="list-style-type: none"> • Puff wheat • Pear 	<ul style="list-style-type: none"> • Wraps with chicken, cheese & veg sticks** • Blueberries & yoghurt
WED	<ul style="list-style-type: none"> • Fruit loaf • Apple 	<ul style="list-style-type: none"> • Jacket potato with cheese & baked beans • Fruit salad with cream*** 	<ul style="list-style-type: none"> • Crackers • chicken • carrot 	<ul style="list-style-type: none"> • Tuna & sweetcorn wholemeal pasta salad • Strawberry muffin
THUR	<ul style="list-style-type: none"> • Oatcake • cheese • cucumber 	<ul style="list-style-type: none"> • Chilli con carne**** with brown rice, broccoli & sweetcorn • Yoghurt 	<ul style="list-style-type: none"> • Wholemeal toast • Banana 	<ul style="list-style-type: none"> • Rolls & stars**** • Fresh fruit*****
FRI	<ul style="list-style-type: none"> • Breadsticks • melon 	<ul style="list-style-type: none"> • Pork & apple casserole with mash potatoes & mixed veg • Crunchy summer crumble with custard 	<ul style="list-style-type: none"> • Muffin • Boiled egg 	<ul style="list-style-type: none"> • Picnic tea***** with rice cake • Ginger biscuit with apple

*	A variety of veg in the above dishes, onions, peppers, mushrooms, courgettes, tomatoes, sweetcorn, cucumber
**	carrots, sweetcorn & cucumber
***	Melon, banana, grapes, strawberries, pear, apple, orange and peaches
****	Contains hidden veg – Onion, peppers, tomatoes, mushroom and courgettes
*****	All bread is wholemeal or 50/50 – fillings for rolls – ham, cheese, tomato, cucumber and lettuce
*****	Pineapple, Kiwi and Grapes
*****	Tomatoes, cucumber, cocktail sausages, cheese, chicken, baby potatoes and houmous

