

Summer Menu 2020

Week 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Shredded Wheat with organic whole milk				
	Homemade yoghurt with seasonal fruit				
	Toast (wholemeal), crumpets, bagels or English muffins served with non-dairy spread and cup of organic whole milk				
MORNING SNACK	Selection of fresh seasonal fruit				
LUNCH	Sweet and sour vegetables served with rice noodles	Chicken and vegetable curry served with wholegrain rice	White fish served with potatoes and seasonal vegetables	Chef's Roast Chicken dinner served with seasonal vegetables	Vegetarian and mixed beans meatballs with wholemeal spaghetti
VEGETARIAN LUNCH		Chick pea and butternut squash curry served with wholegrain rice	Tofu served with potatoes and seasonal vegetables	Chef's Quorn roast dinner served with seasonal vegetables	
DESSERT	Fresh fruit or seasonal fruit salad, homemade yoghurt with fruit, stewed fruit and custard, rice pudding, frozen yoghurt, ice-cream, oat cookies, hot pudding or cake				
AFTERNOON SNACK	Homemade scones, cumin straws, wholemeal bread, rice cakes - served with homemade dips or houmous				
TEA	Tuna, tomato and cucumber pasta salad	Mixed bean chilli tacos served with sweetcorn	Red and green pepper quiche served with tomato salad	Tomato, butter bean and pepper wholemeal pasta salad	Homemade cheese and tomato flatbread served with green lentil salad
DESSERT	Fresh fruit or seasonal fruit salad, homemade yoghurt with fruit, stewed fruit and custard, rice pudding, frozen yoghurt, ice-cream, oat cookies, hot pudding or cake				



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