

Menus for Spring / Summer 2021

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Toast	Cereal yoghurt	Cereal Toast	Cereal Crumpets	Cereal Toast
Snack am/pm	Fruit and veg selection Crackers	Fruit and veg selection Crackers	Fruit and veg selection Crackers	Fruit and veg selection Crackers	Fruit and veg selection Crackers
Lunch	Homemade pizza with vegetable topping, served with salad Strawberry milkshake	Roast chicken or Quorn served with gravy, roast potatoes, carrots and green cabbage Fruit Cakes	Fish fingers served with peas, homemade potato wedges and tomato sauce Fresh trifle	Spaghetti Bolognaise (made with lamb or plant-based mince) Banana and mango muffins	Mutter paneer or vegetable curry served with rice and raita Homemade Weetabix bars
Tea	Jacket potato with baked beans and cheese Homemade cookies	Chickpea and sweetcorn pasta salad with tuna Mango smoothie	Summer vegetable soup served with brown bread Homemade carrot cake	Mediterranean couscous salad Fruit Yoghurt	Spinach and cheese muffins served with tomato chutney Cornflake crunchies

A choice of milk and water are served with all meals