

## Summer Menu - Week 1

Week 1	Snack	Lunch	Pudding	Tea
Monday	Toast & Butter Milk/Water Fruit	Quorn Meatballs and Pasta - <i>Quorn balls with 5-veg in a homemade tomato sauce with pasta.</i>	Fresh Seasonal Fruit with Greek Yoghurt	Soft Cheese on Rice Cakes Fruit Milk/Water
Tuesday	Crumpets Milk/Water Fruit	Alternate Week 1 Chicken/Veg Chow Mein - <i>Rice noodles tossed in soy sauce, mixed veg, egg and chicken with a side of mixed salad.</i> <b>NOTE: No soy sauce for Rainbow Unit</b> Chicken or Veg Korma - <i>Chicken, chickpea korma with rice &amp; naan bread.</i>	Ice cream (Sunshine only) & Peaches	Cheese & Tomato Panini Fruit Milk/Water
Wednesday	Carrots & Cucumber Sticks with Hummus Milk/Water Fruit	Green Macaroni & Cheese - <i>Blended spinach mixed into pasta, homemade creamy cheese sauce and topped with cheese.</i> <b>NOTE: Homemade tomato sauce for dairy free alternative</b>	Fresh Fruit Smoothie	Sliced Fresh Chicken & Tomato Sandwiches Fruit Milk/Water
Thursday	Oatcakes Milk/Water Fruit	Homemade Pizza Mixed Salad - <i>Fresh base with fresh tomato sauce, various toppings and a side of mixed salad.</i>	Fresh Fruit	Chorizo Pasta Salad Fruit Milk/Water

Friday	Breakfast Muffins Milk/Water Fruit	Salmon Fillet with New Potatoes, - <i>Salmon fillet with rosemary new potatoes, baby corn &amp; mange tout.</i>	Mango Sorbet	Cheese & Crackers Fruit Milk/Water
--------	--	--	--------------	--

All dishes are made on the premises with fresh ingredients – menu subject to change to avoid food waste & dependent on food delivery.

## Summer Menu – Week 2

Week 2	Snack	Lunch	Pudding	Tea
Monday	Bread Sticks Milk/Water Fruit	Jacket Potato, Tuna Sweetcorn with Soft Cheese - <i>Baked potato with tuna and sweetcorn mixed with soft cheese.</i>	Fresh Fruit Cocktail and Natural Yoghurt	Pitta Bread with Hummus & Cucumber with Carrot Salad Fruit Milk/Water
Tuesday	Toasted Muffins Milk/Water Fruit	Roast Chicken/Quorn, Roast Potatoes with Mixed Veg - <i>Oven roasted chicken/Quorn fillet, rosemary &amp; garlic potatoes with mixed veg.</i>	Fresh Fruit	Hard Boiled Eggs, Sliced Fresh Ham & Tomato Meze Fruit Milk/Water
Wednesday	Crumpets & Butter Milk/Water Fruit	Lentil & Tomato Lasagna - <i>Mixed lentils with a homemade tomato base, mixed veg, layered with lasagna sheets and a creamy cheese sauce, topped with mozzarella cheese.</i>	Banana Float - <i>Natural yoghurt with banana</i>	Cheese & Crackers Fruit Milk/Water
Thursday	Rice Cakes Milk/Water Fruit	Fresh Lamb Kofte/Veg Sausages with Couscous - <i>Homemade Minced lamb/veg sausages with spices and mint, accompanied with mixed veg couscous and tzatziki.</i>	Ice-cream (Sunshine only) & Pears	Raison & Cinnamon Bagels Fruit Milk/Water

Friday	Veg Sticks with Dips Milk/Water Fruit	Homemade Fish Fingers, Mash and Beans - <i>Sliced cod dipped in breadcrumbs and baked. Served with homemade mash and beans.</i>	Fruit Yoghurt - <i>Natural yoghurt with fresh fruit</i>	Sliced Fresh Chicken Sandwiches & Tuna Sandwiches Fruit Milk/Water
--------	---	---	--	--

All dishes are made on the premises with fresh ingredients - – menu subject to change to avoid food waste & dependent on food delivery.

### Summer Menu – Week 3

Week 3	Snack	Lunch	Pudding	Tea
Monday	Bread & Butter Milk/Water Fruit	Fishcakes & Parsley Sauce with Mixed Veg - <i>Homemade crispy potato shell filled with fish, herbs &amp; onions with parsley sauce and mixed veg</i>	Natural Yoghurt and Banana Slices	Sliced Fresh Ham & Salad Sandwiches Fruit Milk/Water
Tuesday	Bread Sticks with Mozzarella Cheese & Tomato Milk/water Fruit	Chilli Con Carne & Rice with Mixed Salad - <i>Beef//Quorn mince, rice, garlic bread and a mixed salad.</i>	Fruit Yoghurt - <i>Natural yoghurt with fresh fruit</i>	Carrot, Pepper Sticks & Hummus Fruit Milk/Water
Wednesday	Muffins Milk/Water Fruit	Ratatouille Tomato Pasta with Mozzarella & Chorizo - <i>Homemade tomato pasta with mozzarella and a side of garlic bread.</i>	Ice-cream (Sunshine only) & Pineapple	Crackers & Cream Cheese Fruit Milk/Water
Thursday	Rice Cakes with Banana Milk/Water Fruit	Battered Cod, Potato Wedges and Peas - <i>Sliced cod coated in a crispy batter with potato wedges, garden peas.</i>	Blueberry Muffins (Sunshine only) & Fresh Fruit	Cheese & Sliced Fresh Ham Muffins Fruit Milk/Water

		<i><b>NOTE: Baked fish for Rainbow Unit</b></i>		
Friday	Oatcakes Milk/Water Fruit	Bangers & Mash - <i>Sausage &amp; mash with cabbage with gravy.</i>	Ice-cream (Sunshine only) & Fresh Fruit	Falafel & Pitta with Fresh Tomato & Red Onion Salad Fruit Milk/Water

All dishes are made on the premises with fresh ingredients - menu subject to change to avoid food waste & dependent on food delivery.

## Winter Menu - Week 1

Week 1	Snack	Lunch	Pudding	Tea
Monday	Milk/Water Fruit Breadsticks	Lamb/Chickpea Curry, Brown Rice, Naan Bread - <i>Lamb/ mixed veg in a mild homemade tomato sauce with Indian spices, fresh veg, naan bread and rice.</i>	Sponge (Sunshine only) and custard	Tuna sandwiches Fruit Milk/Water
Tuesday	Milk/Water Fruit Raisin and Cinnamon Bagel	Chicken/Quorn Stew - <i>Chicken/Quorn with mash &amp; fresh veg.</i>	Banana and Cinnamon Rice Pudding	Lentil and Carrot soup with Bread Fruit Milk/Water
Wednesday	Milk/Water Fruit Toast Sticks	Shepherdess pie - <i>Quorn mince, diced carrots, peas, topped with homemade mash.</i>	Stewed Fruit with Custard	Toasted Bagel, Celery and Cucumber Sticks Fruit Milk/Water
Thursday	Milk/Water Fruit Oatcakes	Homemade Pizza, Skin on Potato Wedges - <i>Fresh base with fresh homemade tomato sauce, various toppings and a side of potato wedges.</i>	Banana Float - <i>Natural yoghurt with banana</i>	Boiled Egg & Toast Fruit Milk/Water
Friday	Milk/Water Fruit Breakfast Muffins	Fried Fish, Mash & Peas (Sunshine) Fish Fingers, Mash & Peas (Rainbow)	Semolina & Prunes	Pasta with Homemade Tomato Sauce Milk/Water Fruit

All dishes are made on the premises with fresh ingredients – menu subject to change to avoid food waste & dependent on food delivery.

## Winter Menu – Week 2

Week 2	Snack	Lunch	Pudding	Tea
Monday	Bread Sticks Milk/Water Fruit	Tomato and Lentil Lasagna - <i>Mixed lentils with a tomato base, mixed veg, layered with lasagna sheets and a homemade creamy cheese sauce, topped with mozzarella cheese.</i> -	Rice Pudding and Cinnamon	Hot Toasted English Muffins with Sliced Fresh Ham Fruit Milk/Water
Tuesday	Carrot and Cucumber Sticks Milk/Water Fruit	Roast Chicken/ Quorn Fillet, Basmati Rice, Fresh Veg Stir Fry - <i>Oven roasted chicken/quorn fillet with rice and mixed veg stir fried in soy sauce.</i> <b>NOTE: no soy sauce for Rainbow Unit.</b>	Natural Yoghurt and Prunes	Scrambled Egg/Beans on Toast Fruit Milk/Water
Wednesday	Crumpets and Butter Milk/Water Fruit	Spaghetti Bolognaise - <i>Mince beef in a homemade garlic and tomato sauce with mixed veg on top of wholemeal spaghetti.</i>	Apple Crumble (Sunshine only) and Custard	Sweet Potato & Lentil Soup with Bread Fruit Milk/Water
Thursday	Rice Cakes Milk/Water Fruit	Boiled Bacon/Quorn and Cabbage, Mash, Garden Peas, and Parsley Sauce - <i>Gammon/Quorn with boiled cabbage, mash potato, and garden peas with a homemade cream parsley sauce.</i>	Baked Apple and Pear	Tuna and Sweetcorn Pasta Salad Fruit Milk/Water

Friday	Sugar Snap Peas with Hummus Milk/Water Fruit	Fisherman's Pie, Boiled Veg - <i>A mixture of fish with creamy mash topped with cheese with a side of boiled veg.</i>	Semolina and Blackberry Compote	Fresh Homemade Vegetable Soup, Bread and Butter Fruit Milk/Water
--------	--	--	---------------------------------	--

All dishes are made on the premises with fresh ingredients – menu subject to change to avoid food waste & dependent on food delivery.

### Winter Menu – Week 3

Week 3	Snack	Lunch	Pudding	Tea
Monday	Bread and Butter Milk/Water Fruit	Jacket Potato and Vegetable Chilli - <i>Baked potato with mixed beans and veg in a homemade tomato and paprika sauce.</i>	Banana Float - <i>Natural Yoghurt with Banana</i>	Sliced Fresh Ham and Salad sandwiches Fruit Milk/Water
Tuesday	Breakfast Muffins Milk/Water Fruit	Fishcakes and Parsley Sauce with Mixed Veg - <i>A crispy potato shell filled with fish, herbs and onions with a side of homemade parsley sauce and mixed veg.</i>	Stewed Apple & Custard	Chorizo and Pasta Fruit Milk/Water
Wednesday	Toasted Bagels with Strawberries Milk/Water Fruit	Shin of Beef & Mushroom Casserole - <i>Beef &amp; mushroom casserole with garlic &amp; rosemary roast potatoes and fresh veg.</i>	Ice-cream (Sunshine only) & Pineapple	Soft Cheese and Crackers Fruit Milk/Water
Thursday	Breadsticks Milk/Water Fruit	Baked Bean and Veggie Sausage Hotpot - <i>Mixed beans and veg sausage hotpot in a homemade tomato sauce.</i>	Seasonal Fruit Compote and Natural Yoghurt	Squash and Lentil soup and Bread Fruit Milk/Water
Friday	Oatcakes Milk/Water Fruit	Chicken/Chickpea Korma, Basmati Rice - <i>Fresh chicken breast cooked in a homemade</i>	Rice Pudding and Apricots	Boiled Egg on Toast Fruit Milk/Water

		<i>mild creamy coconut milk-based sauce, mixed spices and rice.</i>		
--	--	---	--	--

All dishes are made on the premises with fresh ingredients – menu subject to change to avoid food waste & dependent on food delivery.