

Spring/Summer Menu April 2023 – September 2023 for Children Aged 3months – 18 months

<u>Week 1</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water or Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water or Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u>	A selection of cereals	Breadsticks	Tuna and Mixed Vegetable Wholewheat Pasta Bake Melon and Pineapple	Broccoli and Cheese Wholemeal Pasta Bake Melon and Pineapple	Brioche Fingers	Jacket Potatoes Served with Cheese and Baked Beans Greek Yoghurt and Banana
<u>Tuesday</u>	A selection of cereals and toast	Orange Segments	Chickpea and Spinach Curry with wholemeal Rice Sunshine Peach Muffins	Chickpea and Spinach Curry with Wholemeal Rice Sunshine Peach Muffins	Cucumber Sticks	Homemade Rainbow Pizza, Served with Homemade Coleslaw and Cucumber Sticks. Plum Segments
<u>Wednesday</u>	A selection of cereals	Boiled Carrot Sticks	Homemade Turkey Meatballs with Jewelled Cous Cous Summer Berry Medley	Homemade Quorn Meatballs with Jewelled Cous Cous Summer Berry Medley	Oatcakes and Cream Cheese	Sausage/Veg Rolls served with Cherry Tomatoes and boiled new potatoes Strawberry Yoghurt
<u>Thursday</u>	A selection of cereals and fruit	Pitta Fingers and Mashed Avocado	Creamy Paprika Chicken and Vegetables on Rice. Frozen Raspberry Yoghurt Buttons	Baked Lentils and Vegetables with Rice. Frozen Raspberry Yoghurt Buttons	Watermelon Fingers	Homemade Tomato and Vegetable Orzo Pasta Banana and Orange segments
<u>Friday</u>	A selection of cereals	Stewed Pear and Apple Slices	Homemade Sweet Potato Topped Sheppard's Pie Pineapple & Melon	Homemade sweet potato topped Lentil Pie Pineapple & Melon	Cracker Biscuits and Spread	Ham, Egg and Chicken Wraps with Cheese Slices and Cherry tomatoes Yoghurt Pots

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<u>Week 2</u>	<u>Breakfast Drinks: Water only</u>	<u>Snack (AM) Drinks: Water or Milk</u>	<u>Lunch Drinks: Water only</u>	<u>Vegetarian Drinks: Water only</u>	<u>Snack (PM) Drinks: Water or Milk</u>	<u>Tea Drinks: Water only</u>
<u>Monday</u>	A selection of cereals	Cracker Bread and Spread	Fish Fingers, Mashed Potatoes, Peas & Sweetcorn Yoghurt Pots	Vegetable Fingers, Mashed Potatoes, Peas & Sweetcorn Yoghurt Pots	Cheese and Apple Slices	Baked Beans on Toast Melon & Pineapple Slices
<u>Tuesday</u>	A selection of cereals	Digestive Biscuits	Cooked ham, Sweetcorn and broccoli Wholewheat Pasta Bake Seasonal Mixed Fruit Salad	Tomato Mixed Vegetable Pasta Bake. Seasonal Mixed Fruit Salad	Cucumber Sticks	Homemade Cheese Straws served with Boiled New Potatoes and Boiled Carrot Sticks. Stewed Peach and Pear with Ice Cream
<u>Wednesday</u>	A selection of cereals and Fruit	Cheese Biscuits	Homemade Mushroom & Mixed Vegetable Risotto Greek yoghurt and Lemon	Homemade Mushroom & Mixed Vegetable Risotto Greek yoghurt and Lemon	Stewed Apple Slices	Cheese, Ham and Tuna Sandwiches served with boiled Carrot and Pepper Sticks. Orange and Plum segments
<u>Thursday</u>	A selection of cereals and Toasted Crumpets	Melon Fingers	Homemade Beef Lasagne with Garlic Bread and Peas Mixed Stewed Fruit	Mushroom and Spinach Lasagne with Garlic Bread and Peas Mixed Stewed Fruit	Breadsticks	Jacket Potato with Tuna and Cheese Homemade Custard Biscuits
<u>Friday</u>	A selection of cereals	Crackers with Cheese Slices	Homemade Lamb and Mint Pastry Topped Pie with Mashed Potato and Seasonal Vegetables Homemade Rice Pudding with Berry Compote	Vegetable and Mint Pastry Topped Pie with Mashed Potato and Seasonal Vegetables Homemade Rice Pudding with Berry Compote	Orange Segments	Homemade Cheese Pasta Salad Mixed Fruit pieces

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<u>Week 3</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water or</u> <u>Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water or</u> <u>Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u>	A selection of cereals and Fruit	Cracker Bread and Cream Cheese	Homemade Spaghetti Bolognaise with Garlic Bread Fresh Fruit Salad	Spaghetti Bolognaise with Quorn Mince and Garlic Bread Fresh Fruit Salad	Boiled Pepper and Carrot Sticks	Egg, Tuna & Cheese Rolls served with Cucumber Sticks Banana Slices
<u>Tuesday</u>	A selection of cereals and Toast	Banana Pieces	Homemade Potato Topped Fish Pie with Peas and Sweetcorn Vanilla Shortbread Biscuit	Homemade Potato Topped Lentil and Tomato Pie with Peas and Sweetcorn. Vanilla Shortbread Biscuit	Cheese Biscuit	Cheese, Tomato and Courgette Puff Pinwheels served with Chopped Cherry Tomatoes and Cucumber Sticks. Melon Medley
<u>Wednesday</u>	A selection of cereals	Pepper and Carrot Sticks	Homemade Turkey and Vegetable Curry on Wholemeal Rice Pear & Blueberries	Vegetable and Lentil Curry on Wholemeal Rice Pear & Blueberries	Fruit Loaf Slices	Homemade Ham, cheese and mixed Vegetable Pizza served with Boiled Carrot and Cucumber Sticks Yoghurt Pots
<u>Thursday</u>	A selection of cereals and Toast	Cheese Slices and Pineapple	Homemade Cauliflower and Broccoli mac 'n' cheese with mixed vegetable Greek Yoghurt and Banana	Homemade Cauliflower and Broccoli mac 'n' cheese with mixed vegetable. Greek Yoghurt and Banana	Oat Cakes and humous	Mini chicken Schnitzels with Potato wedges and Cucumber sticks Fruit pieces
<u>Friday</u>	A selection of cereals	Pitta Fingers & Tzatziki	Homemade Roast Pork, Roast Potatoes, served with Yorkshire puddings and Fresh Seasonal Vegetables Very Berry Smoothie Bowl	Quorn, Roast Potatoes, Yorkshire Pudding and Fresh Seasonal Vegetables Very Berry Smoothie Bowl	Mango Slices	Tomato and Mixed Vegetable Wholemeal Pasta bake Homemade Banana Loaf