

**Spring/Summer Menu April 2024 – September 2024 for Children Aged 3 months to 18 months**

<b><u>Week 1</u></b>	<b><u>Breakfast</u> <u>Drinks: Water only</u></b>	<b><u>Snack (AM)</u> <u>Drinks: Water or</u> <u>Milk</u></b>	<b><u>Lunch</u> <u>Drinks: Water only</u></b>	<b><u>Vegetarian</u> <u>Drinks: Water only</u></b>	<b><u>Snack (PM)</u> <u>Drinks: Water or</u> <u>Milk</u></b>	<b><u>Tea</u> <u>Drinks: Water only</u></b>
<b><u>Monday</u></b>  <b><u>Veg Day</u></b>	A selection of cereals	Breadsticks With cauliflower and cumin dip	Mix Vegetable & Pearl Barley Macaroni pasta bake  Melon and Pineapple	Mix Vegetable & Pearl Barley Macaroni pasta bake  Melon and Pineapple	Stewed apples	Homemade Pizza with hideaway vegetables with steamed carrots & Cucumber Sticks  Greek Yoghurt
<b><u>Tuesday</u></b>	A selection of cereals and toast	Boiled carrot sticks and Houmous	Homemade Turkey Meatballs with Jewelled Cous Cous  Summer Berry Medley	Homemade Soya Meatballs with Jewelled Cous Cous  Summer Berry Medley	Crumpets with spread	Sausage/Veg Rolls served with Cherry Tomatoes & seasoned Potato Wedges  Sugar free & vegan Jelly
<b><u>Wednesday</u></b>  <b><u>Veg Day</u></b>	A selection of cereals	Oatcakes and Cream Cheese	Creamy Chickpea, Spinach & lentil Curry with naan bread/Rotis  Sunshine Peach Muffins	Creamy Chickpea, Spinach & lentil Curry with naan bread/Rotis  Sunshine Peach Muffins	Orange segments & blueberries	Jacket Potatoes with beans & cheese  Yoghurt Pots
<b><u>Thursday</u></b>	A selection of cereals and fruit	Watermelon Fingers	Homemade sweet potato topped Sheppard's Pie  Banana loaf	Homemade sweet potato topped Lentil Pie  Banana loaf	Pitta Fingers and Mashed Avocado	Homemade Tomato and Vegetable Orzo Pasta  Summer fruit kebabs
<b><u>Friday</u></b>	A selection of cereals	Crackers with spread	Creamy Paprika Chicken and Vegetables on Rice  Frozen Raspberry Yoghurt Ice Lollies	Baked Lentils and Vegetables on Rice  Frozen Raspberry Yoghurt Ice Lollies	Stewed Pear and Apple Slices	Ham, Egg, Chicken/vegetable wraps s/w Cheese Slices and Cherry tomatoes  Seasonal fruit

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<b><u>Week 2</u></b>	<b><u>Breakfast</u> <u>Drinks: Water only</u></b>	<b><u>Snack (AM)</u> <u>Drinks: Water</u> <u>or Milk</u></b>	<b><u>Lunch</u> <u>Drinks: Water only</u></b>	<b><u>Vegetarian</u> <u>Drinks: Water only</u></b>	<b><u>Snack (PM)</u> <u>Drinks: Water</u> <u>or Milk</u></b>	<b><u>Tea</u> <u>Drinks: Water only</u></b>
<b><u>Monday</u></b> <b><u>Veg Day</u></b>	A selection of cereals and toast	Digestive Biscuits	Tomato Mixed Vegetable Wholewheat Pasta Bake  Seasonal Mixed Fruit Salad	Tomato Mixed Vegetable Wholewheat Pasta Bake  Seasonal Mixed Fruit Salad	Cucumber Sticks and Spinach and basil dip	Vegetable rice salad  Yogurt pots
<b><u>Tuesday</u></b>	A selection of cereals	Stewed Apple and Pear Slices	Fish Fingers, Mashed Potatoes & baked beans s/w Peas & Sweetcorn  Berry mousse	Vegetable Fingers, Mashed Potatoes & baked beans s/w Peas & Sweetcorn  Berry mousse	Cracker Bread and Humous	Assorted sandwiches with peppers  Melon & Pineapple Slices
<b><u>Wednesday</u></b>	A selection of cereals	Breadsticks With Tzatziki	Homemade Beef Lasagne with Garlic Bread and Peas  Homemade lemon biscuits	Homemade Roasted Mediterranean veg Lasagne with Garlic Bread and Peas  Homemade lemon biscuits	Melon Fingers	Jacket Potatoes with bean chilli and cheese  Fruit
<b><u>Thursday</u></b> <b><u>Veg Day</u></b>	A selection of cereals and Fruit	Banana	Homemade Mushroom & Mixed Vegetable Risotto  Mixed fruit	Homemade Mushroom & Mixed Vegetable Risotto  Mixed fruit	Cheese biscuits	Homemade Cheese Straws served with Potato salad and boiled carrot sticks.  Poached pear Crumble with Ice Cream
<b><u>Friday</u></b>	A selection of cereals	Crackers with Cheese Slices	Home made chickpea & mushroom naked burgers, with herbed roast potatoes & mixed veg  Sweet potato brownies	Home made chickpea & mushroom naked burgers, with herbed roast potatoes & mixed veg  Sweet potato brownies	Orange Segments	Chicken/Vegetable Fajitas with cucumber and Courgette batons  Mixed Fruit pieces

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<b><u>Monday</u></b>	A selection of cereals	Stewed apple slices	Fish & Mixed Vegetable Stir Fry with Noodles  Vanilla Shortbread Biscuit	Tofu & Mixed Vegetable Stir Fry with Noodles  Vanilla Shortbread Biscuit	Cheese Biscuits	Egg, Tuna/ Veg & Cheese Rolls served with Cucumber Sticks  Bananas
<b><u>Tuesday</u></b> <b><u>Veg Day</u></b>	A selection of cereals and fruit	Boiled carrot & pepper sticks	Homemade Meat Free Bolognaise with Rice and Garlic Bread  Fresh Fruit Salad	Homemade Meat Free Bolognaise with Rice and Garlic Bread  Fresh Fruit Salad	Homemade Salsa served with Melba Toasts	Cheese & roasted red pepper Pinwheels served with Chopped Cherry Tomatoes and Cucumber Sticks.  Oat and Pear Crumble
<b><u>Wednesday</u></b>	A selection of cereals	Fruit Loaf Slices	Homemade Roast Pork, Roast Potatoes, served with Yorkshire puddings and Fresh Seasonal  Greek Yoghurt	Quorn, Roast Potatoes, Yorkshire Pudding and Fresh Seasonal Vegetables  Greek Yoghurt	Seasonal fruit	Tomato and Mixed Vegetable Wholemeal Pasta bake  Fruit Salad
<b><u>Thursday</u></b> <b><u>Veg Day</u></b>	A selection of cereals and Toast	Pineapple fingers	Homemade Cauliflower and Broccoli cheese pasta bake with mixed vegetable  Fruit pieces	Homemade Cauliflower and Broccoli cheese pasta bake with mixed vegetable  Fruit pieces	Oat Cakes and humous	Falafel Pittas with Yoghurt Dip and Cherry Tomatoes  Blueberry sponge
<b><u>Friday</u></b>	A selection of cereals	Pitta Fingers & Tzatziki	Homemade Turkey and Vegetable Curry served with Wholemeal Rice  Very Berry Smoothie Bowl	Homemade Lentil and Vegetable Curry served with Wholemeal Rice  Very Berry Smoothie Bowl	Melon	Coronation Chicken/Quorn salad with toast fingers  Fruit