

# Spring/Summer Menu 2021

**Breakfast:** We provide selected fortified, low sugar cereals with dairy or plant-based milk. Children will also be offered toast and fresh fruit along with a drink of water, dairy or plant-based milk.

**Lunchtime Dessert:** An option of natural yoghurt and variety of fruits will be offered Monday to Friday

**Week  
1**

	Mid-morning snack Served with water, dairy or plant-based milk	Baby, toddler & preschool lunch served with water, dairy or plant-based milk	Toddler, Preschool & Playclub tea served with water, dairy or plant-based milk	Babies tea served with water, dairy or plant-based milk
<b>Monday</b>	Sarah's homemade 'Fruits of the Forest' bread  (V, DF)	Tuna pasta bake V- Vegetable & bean pasta bake (V, DF)	Crumpets Halved grapes and yoghurt  (V, DF, VE)	Crumpets Halved grapes and yoghurt  (V, DF)
<b>Tuesday</b>	Oatcakes and cream cheese Cucumber (V, DF)	Sweet & sour chicken with pea and spring onion rice V - Vegetable sweet & sour (V, DF)	Toast with cheese and pineapple Strawberries (V, DF)	Toast with cheese and pineapple Strawberries (V, DF)
<b>Wednesday</b>	Minty pea hummus Bread sticks  (V, DF)	Beef lasagne or V - Vegetable lasagne Salad (V, DF)	½ boiled egg, with cheese and crackers Pepper sticks (V, DF)	½ boiled egg, with cheese and crackers Pepper sticks (V, DF)
<b>Thursday</b>	Bagels with raspberry cream cheese  (V, DF)	V - Jacket potatoes with cheese and beans  (V, DF)	Nacho's with cheese, mango salsa and riata Apples (V, DF)	Nacho's with cheese, mango salsa and riata Peaches (V, DF)
<b>Friday</b>	Fish or Butternut squash and chickpea pate with whole grain cracker bread (V, DF)	V - Mushroom Stroganoff with rice  (V, DF)	Wholemeal thins with grated cheese and cherry tomatoes Watermelon (V, DF)	Wholemeal thins with grated cheese and cherry tomatoes Watermelon (V, DF)

All vegetarian options can be adapted to support a vegan diet as required

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## Week 2

	Mid-morning snack Served with water, dairy or plant-based milk	Baby, toddler & preschool lunch served with water, dairy or plant-based milk	Toddler, Preschool & Playclub tea served with water, dairy or plant-based milk	Babies tea served with water, dairy or plant-based milk
Monday	Cherry tomato hummus with Breadsticks  (V, DF, VE)	Orange chicken & quinoa summer veggies cous cous V - Orange summer veggies & quinoa on a bed of cous cous (V, DF, VE)	Pitta bread pizza with tofu and pineapple Melon (V, DF)	Pitta bread pizza with tofu and pineapple Melon (V, DF)
Tuesday	Rice cakes with blueberry cream cheese  (V, DF)	Cod mornay pie with new potatoes & peas V - Mixed vegetable mornay pie (V, DF)	Nacho's with mango salsa, cheese, and riata Bananas (V, DF)	Nacho's with mango salsa, cheese, and riata Bananas (V, DF)
Wednesday	Toasted English Muffins  (V, DF, VE)	Leek, spinach and potato curry with brown rice  (V, DF, VE)	Bagels with salmon & cream cheese V - Bagels with salmon & cream cheese (V, DF)	Bagels with salmon & cream cheese V - Bagels with salmon & cream cheese (V, DF)
Thursday	Cheese and crackers Rainbow peepers  (V, DF)	Lentil burrito with grated cheese & potato wedges  (V, DF, VE)	Tuna/cream cheese sandwiches V - Cream cheese sandwiches Yoghurt (V, DF)	Tuna/cream cheese sandwiches V - Cream cheese sandwiches Yoghurt (V, DF)
Friday	Banana bread  (V, DF, VE)	Pasta bolognaise with salad V - Rainbow vegetable pasta with salad (V, DF, VE)	Crumpets and cheese Kiwi and tangerines  (V, DF, VE)	Crumpets and cheese Kiwi and raspberries  (V, DF, VE)

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## Week 3

	Mid-morning snack Served with water, dairy or plant-based milk	Baby, toddler & preschool lunch served with water, dairy or plant-based milk	Toddler, Preschool & Playclub tea served with water, dairy or plant-based milk	Babies tea served with water, dairy or plant-based milk
Monday	Toast with Kiwi (eggs)  (V, DF)	Creamy sweet potato, spinach, and lentil bake & Sweetcorn (puff pastry top)  (V, DF, VE)	Chicken, pepper & cucumber wraps V- Cream cheese, pepper & cucumber wraps Clementine's (V, DF)	Deconstructed Chicken, pepper & cucumber wraps V- Cream cheese, pepper & cucumber wraps Raspberries (V, DF)
Tuesday	Pitta sticks with tzatziki Carrot sticks  (V, DF, VE)	Courgette and pea carbonara Fruit and yoghurt dessert (V, DF, VE)	Cheese and cucumber filled sandwiches Melon (V, DF)	Cheese and cucumber filled sandwiches Melon (V, DF)
Wednesday	Parsnip bread  (V, DF, VE)	Jamaican fish curry with rice V - Jamaican veggie curry with rice (V, DF)	Wholemeal cracker bread, red Leicester creamy cheese Blueberries (V, DF, VE)	Wholemeal cracker bread, red Leicester creamy cheese Blueberries (V, DF, VE)
Thursday	Fish pate with Bread sticks Pepper sticks V - Homemade hummus (V, DF, VE)	Pastitsio (Greek lasagne) V - Summer veg Pastitsio with Salad (V, DF)	Pitta pizza topped with tofu and pineapple Cherry tomatoes (V, DF)	Pitta pizza topped with tofu and pineapple Cherry tomatoes (V, DF)
Friday	Rice Cakes with cream cheese Cucumber (V, DF)	Summer chicken & vegetable pittas with wedges V- Summer vegetable pitta's with wedges (V, DF)	Cold summer veggie cous cous with feta cheese Grapes (V, DF)	Cold summer veggie cous cous with Feta cheese Grapes (V, DF)

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