



Summer Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals with milk, toast with a variety of different spreads and fresh fruit is on offer daily between 7am and 8.45am				
Snack	Rice Cakes	Salsa dip with vegetable sticks	Cheese Straws	Vegetable sticks with Houmous	Wholemeal Biscuits
Lunch	Vegetable Chili with Jacket Potatoes Fruit Yogurt	Moroccan Chicken with couscous and Vegetables Courgette and Raisin Muffin's	Cottage Pie with Green Vegetables Short Bread Fingers	Salmon Fishcakes with Potato Wedges and Peas Orange Sponge Cake	Turkey and Vegetable chow Mein Peaches and Ice Cream
Snack	Fruit	Fruit	Fruit	Fruit	Fruit
High Tea	Sandwich Selection Upside Down Pineapple Cake	Potato and Vegetable Cakes with Bakes Beans Jelly	Tuna Pasta Bake Vanilla Yogurt	Ham Ploughman's with Baguette and Homemade Chutney Apple/Pear Slices	Homemade Beef Burgers in a bun with Tomato Relish Raisin/Cinnamon Cookies

Baby Weaning Menus Stage I and 2

3-6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sweet Potato Banana	Broccoli Rhubarb	Sweet Potato Apricot	Potato Pear	Carrot Blueberry's
High Tea	Carrot Peach	Cauliflower Apple	Peas Banana	Spinach and Potato Plum	Courgette Mango

6-9 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Vegetable Chili with Potato Yogurt	As Main Menu Fruit Pot	As Main Menu Yogurt	Salmon with Mash Potato and Peas Fruit Pot	Turkey Pasta Bake Yogurt
High Tea	Scrambled egg and Toast	As Main Menu	As Main Menu	Homemade soup with Bread	Cauliflower and Broccoli Cheese

*water is available for the children throughout the day and a choice of milk or water is offered at mealtimes**alternatives are available for specific dietary requirements and allergies. For more information please speak to a member of the team.