



Spring/Summer menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal & Whole Milk Toast & Preserves				
AM Snack	Fresh fruit and/or vegetables served with a carbohydrate.				
Main Meal	Sausage and butternut squash pasta with cucumber	Coconut and mango chicken curry served with rice and peas	Hidden vegetable spaghetti beef bolognese served with broccoli and garlic bread	Bean and sweet potato bake served with sweetcorn	White fish ratatouille served with carrots and warm bread
Vegetarian	butternut squash pasta with cucumber	Coconut and mango curry served with rice and peas	Hidden vegetable spaghetti bolognese served with broccoli and garlic bread		Cheesy ratatouille served with carrots and warm bread
Dessert	Yoghurt	Ice cream & strawberries	Banana and cocoa oatie bake	Blueberry muffins	Peaches and cream puff
PM Snack	Fresh fruit and/or vegetables.				
Tea	Bagels with soft cheese	Pancakes with blueberries	Sausage rolls served with grated carrot	Toasted fruit loaf	Croissants