

Spring/Summer menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal & Whole Milk Toast & Preserves				
AM Snack	Fresh fruit and/or vegetables served with a carbohydrate.				
Main Meal	Baked salmon, waffles and baked beans	Lamb Keema curry served with moroccan spiced couscous and cauliflower	Sticky Asian pork with noodles and broccoli	Butternut squash, cherry tomato and spinach pasta bake	Jacket potato served with mixed bean and beef chilli
Vegetarian	Vegetable fingers, waffles and baked beans	Vegetable curry served with moroccan spiced couscous and cauliflower	Sticky Asian Vegetables with noodles and broccoli		Jacket potato served with mixed bean chilli
Dessert	Fruit sorbet	Homemade shortbread	Fresh fruit salad with natural yoghurt	Carrot and apple cake	Raspberry and peach crumble served with custard
PM Snack	Fresh fruit and/or vegetables.				
Tea	Crumpets with cheese and cherry tomato	Sausage rolls served with grated carrot	Pancakes with raspberries	Sandwich thins with child's choice of filling	Bagels with cream cheese