

Summer 2022 Menu 3

	Breakfast (20%)	Snack AM (10%)	Lunch (30%)	Snack PM (10%)	Tea (20%)	NOTES:
Monday	A selection of cereals. Wholemeal toast with spread. Seasonal fruits.	Carrot and cucumber sticks with hummus Water	Salmon and mascarpone pasta bake. <i>Peach slices and skyr yoghurt with maple syrup.</i> Water	Corn cakes with crème fraiche and banana slices. Milk or water	Warburton thins with a variety of fillings and a side of veg. <i>Abi's crumble surprise.</i> Water	
Tuesday	A selection of cereals. White toast with spread. Seasonal fruits.	Fresh berry medley Water	BBQ Chicken with new potatoes and green beans. <i>Dairy ice cream</i> Water	Cheddar cheese sticks with tomatoes and water biscuits. Milk or water	Mozzarella, red pepper and sweetcorn couscous salad. <i>Flavoured ricecake.</i> Water	
Wednesday	A selection of cereals. Wholemeal toast with spread. Seasonal fruits.	Melon slices Water	Beef and courgette curry served with rice. <i>Natural yoghurt with honey.</i> Water	Breadsticks with hummus. Milk or water	Scrambled egg on toast with vegetable sticks. <i>Banana cake</i> Water	
Thursday	A selection of cereals. White toast with spread Seasonal fruits.	Pepper and celery sticks with guacamole dip. Water	Four bean feast served with couscous. <i>Carrot and courgette muffin.</i> Water	Crackers with garlic and herb flavoured soft cheese spread. Milk or water	<i>Homemade mini pizzas with various toppings.</i> <i>Fruit Salad</i> Water	