

Summer 2022 Menu 1

	Breakfast (20%)	Snack AM (10%)	Lunch (30%)	Snack PM (10%)	Tea (20%)	NOTES:
Monday	<p>A selection of cereals.</p> <p>Wholemeal toast with spread.</p> <p>Seasonal fruits.</p>	<p>Papaya and banana sticks</p> <p>Water</p>	<p>Homemade macaroni cheese with cauliflower and broccoli.</p> <p><i>Soft scoop ice cream.</i></p> <p>Water</p>	<p>Rye bread with chive flavoured soft cheese.</p> <p>Milk or water</p>	<p>Cheese and vegetable pin wheels with a side of veg.</p> <p><i>Plum halves.</i></p> <p>Water</p>	
Tuesday	<p>A selection of cereals.</p> <p>White toast with spread.</p> <p>Seasonal fruits.</p>	<p>Apple slices and dates.</p> <p>Water</p>	<p>Homemade Cajun chicken, sweet pepper and tomato jambalaya</p> <p><i>Flavoured yoghurt.</i></p> <p>Water</p>	<p>Breadsticks with carrot and pepper sticks.</p> <p>Milk or water</p>	<p>Wholemeal pitta pockets with a selection of fillings.</p> <p><i>Strawberry filled jelly.</i></p> <p>Water</p>	
Wednesday	<p>A selection of cereals.</p> <p>Wholemeal toast with spread.</p> <p>Seasonal fruits.</p>	<p>Peach and apricot segments.</p> <p>Water</p>	<p>Ham, egg and new potato salad with cheese, humus & flatbread.</p> <p><i>Lime and coconut cake.</i></p> <p>Water</p>	<p>Crackers with tzatziki dip with tomatoes.</p> <p>Milk or water</p>	<p>Baked beans on toast with vegetable stick accompaniment.</p> <p><i>Oat biscuit</i></p> <p>Water</p>	
Thursday	<p>A selection of cereals.</p> <p>White toast with spread.</p> <p>Seasonal fruits.</p>	<p>Fresh berry medley</p> <p>Water</p>	<p>Chickpea and butternut squash tagine with couscous.</p> <p><i>Mixed berry crumble with custard.</i></p> <p>Water</p>	<p>Bagel halves with cream cheese.</p> <p>Milk or water</p>	<p>Jacket potatoes with grated cheese and a selection of vegetables.</p> <p><i>Fresh fruit salad</i></p> <p>Water</p>	

