

## Summer 2022 Menu 2

	<b>Breakfast (20%)</b>	<b>Snack AM (10%)</b>	<b>Lunch (30%)</b>	<b>Snack PM (10%)</b>	<b>Tea (20%)</b>	<b>NOTES:</b>
<b>Monday</b>	A selection of cereals.  Wholemeal toast with spread.  Seasonal fruits.	Peach and mandarin slices  Water	Quorn mince Bolognese with pasta. <i>Mini milks</i>  Water	Rice cakes with soft cheese spread.  Milk or water	Crumpets with a choice of toppings. <i>Natural yoghurt with honey.</i>  Water	
<b>Tuesday</b>	A selection of cereals.  White toast with spread.  Seasonal fruits.	Cucumber and carrot sticks with cheddar cheese and chive dip.  Water	Gammon with new potatoes and cauliflower. <i>Fromage frais</i>  Water	Cheese wheel with grape halves (Quarters for babies)  Milk or water	Toasted wholemeal English muffins with a variety of fillings. <i>Blueberry cake.</i>  Water	
<b>Wednesday</b>	A selection of cereals.  Wholemeal toast with spread.  Seasonal fruits.	Mixed berry medley  Water	Homemade vegetable lasagne with sweetcorn. <i>Fruit salad.</i>  Water	Oatcakes with dairy lea.  Milk or water	Baked sweet potatoes with a selection of toppings. <i>Flavoured rice cake.</i> Water	
<b>Thursday</b>	A selection of cereals.  White toast with spread.  Seasonal fruits.	Watermelon slices.  Water	White fish kedgerie <i>Bananas and custard.</i>  Water	Melba toast with salsa dip.  Milk or water	Pitta pockets with a selection of fillings. <i>Fresh fruit salad</i>  Water	