

Spring/Summer Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal & Toast				
Lunch	Lentil Curry with homemade Naan Bread 1,2	Spaghetti Bolognaise 1,2,7	Jerk Chicken with Rice & Peas 1,2,	Lentil Enchiladas 2,7	Chicken Supreme with Rice 7,9,1
Dessert	Yoghurt 7	Selection of Fresh Fruit	Greek Yoghurt 7	Fruit Salad	Smoothie
Tea	Homemade Tomato Soup & Foccacia 1,2,7	Cottage Cheese Bagels, Houmous & Vegetable Sticks 2,7	Homemade Mushroom & Broccoli Quiche 2,4,7	Vegetable Crumpet Pizza 2,7	Spinach & Sweetcorn Pinwheels with Vegetable sticks, Breadsticks & natural yoghurt 2,7

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal & Toast				
Lunch	Butternut Squash Mac and Cheese served with Broccoli & Sweetcorn 2,7	Chicken & Vegetable Stir Fry with Noodles 2,4,13	Paneer Tikka served with Rice 7	Moroccan Lamb served with Cous Cous 1,2,14	Herby Crusty Cod Cakes served with Mash Potato & Peas 2,4,5,7
Dessert	Yoghurt 7	Selection of Fresh Fruit	Greek Yoghurt 7	Fruit Salad	Smoothie
Tea	Vegan Chilli & Baked Potatoes 1	Butternut Squash Pasta 1,2,7	Homemade Leek & Potato Soup served with Homemade Bread 1,2,4,7	Green Orzo Pasta 2,7	Omelette Muffins with Homemade Flat Bread 2,4,7

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal & Toast				
Lunch	Chicken & Vegetable Paella 1,2,4,9,13	Vegetable & Cheese Pasta Bake 2,5,7,9	Tuna Pasta Bake 2,5,7	Mild Vegetable Thai Curry & Rice 1,2,5,13	Lamb Koftas with Homemade Pitta Bread & Cucumber 2,13
Dessert	Yoghurt 7	Selection of Fresh Fruit	Greek Yoghurt 7	Fruit Salad	Smoothie
Tea	Butternut Squash & Leek Muffins 2, 4, 7	Tuna and Sweetcorn Pin Wheels with vegetable sticks and natural yoghurt 2, 4, 5, 7	Five Vegetable Pasta 1, 2, 7	Cream of Cauliflower Soup with wheaten bread 1, 2, 7	Bean and Salsa Quesadillas 2, 7

Allergens Chart: 1- Celery 2- Cereals containing gluten 3- Crustaceans 4- Eggs 5- Fish 6- Lupin 7- Milk 8- Molluscs 9- Mustard 10 -Nuts 11- Peanut 12- Sesame Seeds 13- Soya 14- Sulphur Dioxide