

Spring/Summer Menu 2023



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast
AM Snack	Toasted Crumpets and dairy free butter	Yoghurt and Grapes	Banana	Cucumber sticks and Hummus	Oranges and Pears
Lunch:	Vegetable Lasagne and Salad	Roast Chicken or Quorn, potatoes, and vegetables with gravy	Chickpea and spinach curry with rice and peas	Cheese and onion pasties and baked beans	Vegetarian chilli and rice
Pudding	Natural Yoghurt and Peach puree	Banana and Custard	Watermelon slices	Pineapple slices	Cupcakes
PM Snack	Pineapple slices	Wholemeal Pitta and smashed Avocado	Rice Cakes	Breadsticks and grapes	Carrot sticks and Hummus
Tea:	Baked potato with Tuna, cheese and cucumber sticks	Pasta with fresh mint, green beans, carrots and peas	Fish or Vegetable Fingers, new potatoes, and peas	Wholewheat pasta with Turkey or Quorn bolognaise	Muffin Pizzas with Salad
Pudding	Homemade biscuits and milk	Apples and raisins	Fromage Frais	Flapjacks	Fruit Salad

Week 1 w/c: 6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 31st July, 21st Aug, 4th Sep

Please speak to a member of staff if you require any [allergen information](#) in line with our menus

Spring/Summer Menu 2023



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast
AM Snack	Apples and Pears	Banana	Watermelon	Yoghurt and grapes	Vegetable sticks and Tzatziki
Lunch:	Chickpea and Lentil Dahl with Naan bread	Chicken or Mushroom pie with mash, mixed vegetables and gravy	Tuna or Vegetable pasta bake with cucumber sticks	Sweet potato topped Beef or Quorn mince Cottage Pie	Macaroni cheese and peas
Pudding	Watermelon	Natural Yoghurt and mixed Berry puree	Jelly and fruit	Apples, Pears, and Plums	Fruit Salad
PM Snack	Crackers and Grapes	Pepper sticks and carrot sticks	Toasted Crumpets and dairy free butter	Bread sticks and cream cheese	Rice Cakes
Tea:	Fish or Vegetable cake with peas and baked beans	Vegetarian sausage and mixed bean pasta bake	Baked potato with mixed bean chilli and sweetcorn	Pitta pockets and Salad	Selection of sandwiches
Pudding	Carrot cake	Pineapple slices	Fromage Frais	Banana and Custard	Orange wedges

Week 2 w/c: 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 7th Aug, 28th Aug, 18th Sep

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Spring/Summer Menu 2023



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast	A variety of cereals / toast
AM Snack	Oatcakes and Satsumas	Bread sticks and cream cheese	Cucumber sticks and Hummus	Apples and Grapes	Bananas
Lunch:	Vegetarian Chilli and Rice	Baked potato, cheese baked beans and sweetcorn	Chicken or mixed peppers Fajitas	Roast Chicken or Quorn, with potatoes, vegetables, and gravy	Tomato pasta with pepper sticks
Pudding	Fromage Frais	Pineapple slices	Rice pudding	Summer Crumble and Custard	Natural Yoghurt and mixed Berry puree
PM Snack	Carrot sticks and Hummus	Rice Cakes	Oranges and Pears	Crackers and raisins	Homemade cheese twists
Tea:	Tuna or Vegetable pasta bake with cucumber sticks	Beef or Quorn Mince Lasagne and Broccoli	Paneer and pea curry with rice	Selection of sandwiches	Fish or Vegetable fingers, baked beans and potato wedges
Pudding	Apples, Pears and Plums	Watermelon	Natural Yoghurt and Mango puree	Homemade cookies and milk	Fruit Salad

Week 3 w/c: 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 24th July, 14th Aug, 4th Sep, 25th Sep

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