

## Summer Menu 2016 - 2017

Sample Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals and toast	Selection of cereals and toast	Selection of cereals and toast	Selection of cereals and toast	Selection of cereals and toast
<b>Mid-morning snack</b>	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
<b>Lunch</b>	Chicken supreme and rice	Corned Beef and vegetable pie, boiled potatoes and vegetables	Roast chicken with new potatoes and salad	Meatballs in home made Italian sauce with pasta shapes	Fish fingers, mashed potatoes, garden peas and parsley sauce
<b>Vegetarian option</b>	Quorn supreme and rice	Vegetable pie, boiled potatoes and vegetables	Quorn Chicken with New potatoes and salad	Vegetarian meatballs in home made sauce with pasta shapes	Vegetable fingers, mashed potatoes, garden peas and parsley sauce
<b>Pudding</b>	Chocolate mousse	Fresh fruit salad and ice cream	Strawberry Mousse	Sultana sponge and cream	Mini milk ice lolly's
<b>Baby lunch</b>	Chicken supreme and mashed potato	Beef casserole	Vegetable and cheese pasta bake	Meatballs in home made Italian sauce with pasta shapes	Mackerel, tomato and potato bake with peas
<b>Baby Vegetarian option</b>	Quorn supreme and mashed potato	Vegetable casserole	Vegetable and cheese pasta bake	Vegetarian meatballs in sauce with pasta shapes	Tomato and cheese bake with peas
<b>Baby pudding</b>	Puréed apricot	Fromage frais	Puréed mango	Fromage frais	Puréed apple
<b>Afternoon snack</b>	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
<b>Tea</b>	Homemade Beef Burgers in a bread bun with side salad	Selection of sandwiches with cucumber, carrot sticks and a mayonnaise dip	Spaghetti hoops and toast	Broccoli and cheese quiche with salad	Chicken nuggets, carrot sticks and cherry tomatoes
<b>Vegetarian option</b>	vegetarian burgers in a bread bun with side salad	Selection of sandwiches with cucumber, carrot sticks and a mayonnaise dip	Spaghetti hoops and toast	Broccoli and cheese quiche with salad	vegetable potato cakes, carrot sticks and cherry tomatoes
<b>Pudding</b>	Peaches	Homemade Shortbread fingers	Yoghurt	Home made jam scone	Yoghurt
<b>Baby tea</b>	Vegetable bake	Leek and potato stew	Spaghetti hoops and toast	Cauliflower and broccoli cheese	Chicken / vegetable casserole
<b>Baby pudding</b>	Fromage frais	Puréed Peaches	Fromage frais	Apple and banana purée	Fromage frais

# Winter Menu 2016 - 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals and toast	Selection of cereals and toast	Selection of cereals and toast	Selection of cereals and toast	Selection of cereals and toast
<b>Mid-morning snack</b>	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
<b>Lunch</b>	Fresh meatballs in Italian sauce with Pasta shapes	Chicken Korma and Rice with Pitta Bread	Cornish Pasty,mashed potatoes, seasonal vegetables and gravy	Chicken Casserole, Boiled potatoes and savoy cabbage	Fishcakes with surprise potatoes and garden peas
<b>Vegetarian option</b>	Vegetable and cheese pasta bake	Vegetable Korma and rice with Pitta Bread	Vegetable pie, mashed potatoes. Seasonal vegetables and gravy	Quorn and vegetable Casserole, Boiled potatoes and savoy Cabbage	Fishcakes (quorn fish fingers) surprise potatoes and garden peas
<b>Pudding</b>	Yoghurt and a digestive biscuit	Swiss Roll	Apple crumble and cream	Banana Custard	Rice pudding or Semolina and Raspberry Jam
<b>Baby lunch</b>	Vegetable and cheese pasta bake	Vegetable stew	Beef casserole	Chicken Casserole, Boiled potatoes and savoy cabbage	Mackerel and tomato bake topped with plain or cheesy mash
<b>Baby Vegetarian option</b>	Vegetable and cheese pasta bake	Vegetable stew	sweet potato and carrot bake topped with cheese	Potatoes, savoy cabbage and Gravy	Mackerel and tomato bake topped with plain or cheesy mash
<b>Baby pudding</b>	Puréed apricot	Fromage frais	Puréed mango	Fromage frais	Puréed apple
<b>Afternoon snack</b>	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit
<b>Tea</b>	Sausage rolls and potatoe wedges with choice of dips	Tomato Soup and Bread	Beans on Toast	Tuna (or vegetables in a cheese sauce) Pasta Bake topped with Cheese	Selection of sandwiches
<b>Vegetarian option</b>	Cheese Lattice and choice of dips	Tomato Soup and Bread	Beans on Toast	Tuna (or vegetables in a cheese sauce) Pasta Bake topped with Cheese	Selection of sandwiches
<b>Pudding</b>	Ricecrispy bun	Fresh Fruit salad	Homemade buttered scone with Jam	Yoghurt	Butterfly Bun
<b>Baby tea</b>	Cheese and pasta bake	vegetables in a tomato sauce	Broccoli and potato bake	potato, cheese and cauliflower bake	Tomato pasta bake
<b>Baby pudding</b>	Fromage frais	Puréed Peaches	Fromage frais	Apple and banana purée	Fromage frais