

# Spring/Summer Menus

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Weetabix with Whole Milk and Fresh Fruit	Cornflakes with Whole Milk and Fresh Fruit	Overnight Oats with Fresh Fruit	Rice Krispies with Milk and Fresh Fruit	Shredded Wheat with Milk and Fresh Fruit
Lunch Starter/Main Or Main/Pudding	Savoury Cooked Mushrooms ☪☪☪ V Cheese and Potato Pie with Tomatoes	Lentil and Vegetable Bolognese V ☪☪☪ Natural Yoghurt	St Peters Salad (Coleslaw Style Salad) ☪☪☪ Chicken vegetable and tomatoes risotto V Vegetable risotto	Sausages with seasonal vegetables and new potatoes ☪☪☪ Natural Yoghurt	Garlic Bread ☪☪☪ Homemade Pork Meatballs with Spaghetti V Quorn Meatballs
Afternoon Snack	Rice Cakes and Fresh Fruit	Breadsticks and Homemade Dip	Fruit Bowl	Cheese Cubes and Cucumber	Vegetable Sticks
Afternoon Tea	Homemade Vegetable Soup with Wholemeal Bread ☪☪☪ Fruit Salad	Wholemeal Bread with Fish Fingers and Homemade Tomato Sauce ☪☪☪ Homemade Jelly	Homemade Baked Beans with Crusty Wholemeal Bread ☪☪☪ Natural Yoghurt	Tuna, Cucumber and Salad Filled Wraps ☪☪☪ Fruit Bowl	Egg or Cheese Sandwiches ☪☪☪ Tinned Pears

Whole milk is served at snack time and water is available to drink throughout the day.











Please make nursery staff aware if your child has any food allergies or intolerances. Our meals may contain milk, wheat, dairy, fish or egg.

A full list of allergens for each dish is available on request.

V – Vegetarian Option



# Spring/Summer Menus

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Cornflakes with Whole Milk and Fresh Fruit	Overnight Oats and Fresh Fruit	Rice Krispies and Fresh Fruit	Shredded Wheat and Fresh Fruit	Weetabix with Whole Milk and Fresh Fruit
<b>Lunch Starter/Main Or Main/Pudding</b>	✓ Sweet Potato and Lentil Korma with Brown Rice  Natural Yoghurt	Melon  Roast Chicken with roasted vegetables ✓ Quorn Roast and Roasted Vegetables	Homemade vegetable pizza with salad  Homemade lolly's	Hummus dip and vegetable sticks  Tuna Pasta Bake and Sweetcorn ✓ Vegetable Pasta Bake	New potatoes with ham or cheese served with seasonal vegetables  Homemade Jelly
<b>Afternoon Snack</b>	Vegetable Sticks	Oat Cakes	Pitta Bread with Homemade Dip	Fruit smoothie	Rice Cakes
<b>Afternoon Tea</b>	Toast with Marmite/Cheese Topping and Fresh Tomatoes  Fruit Bowl	Tuna and Cucumber with Wholemeal wraps  Natural Yoghurt	Cauliflower broccoli Cheese and Carrot Sticks  Fresh Fruit	Crackers with Cheese and Ham, served with Vegetable Sticks  Natural Yoghurt	Stir Fry Vegetables and Noodles  Fresh Fruit

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# Spring/Summer Menus

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice Krispies with Milk and Fresh Fruit	Shredded Wheat with Whole Milk and Fresh Fruit	Cornflakes with Whole Milk and Fresh Fruit	Weetabix with Whole Milk and Fresh Fruit	Overnight Oats with Fresh Fruit
Lunch Starter/Main Or Main/Pudding	Salmon and Broccoli with Wholemeal Pasta V Vegetable Pasta  Fresh Fruit	Potato and Lentil Cakes with Seasonal Mixed Vegetables  Homemade Jelly	Melon  Shepherd's Pie with Peas and Carrots V Quorn	Bruschetta (bread with tomatoes and onions)  Chicken and vegetable crumble V Vegetable Crumble	Vegetable and Bean Pie  Cheese Crackers and Grapes
Afternoon Snack	Oat Cakes	Breadsticks and Hummus	Tomatoes and Mozzarella Balls	Vegetable Sticks	Rice Cakes
Afternoon Tea	Toasted Wholemeal Muffins with Ham or Cheese, served with Tomatoes and Cucumbers  Natural Yoghurt	Herby Pilchard Pasta  Fruit Salad	Cheese Salad Filled Wraps  Natural Yoghurt	Homemade Beans in Tomato Sauce on Wholemeal Toast  Homemade fruit lolly	Egg or Marmite Sandwiches with Vegetable Sticks  Fresh Fruit

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