

Summer Menu 2021

Please note: These are sample menus and are subject to change.
Menu produced under the guidance of a registered nutritionist.



Week 1	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●◆, Wholemeal toast ●●●●, Toasted breakfast muffin ●●●◆, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●, Organic full fat natural Yogurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Green Thai chickpea & lentil curry ● Wholegrain rice	Salmon, sweetcorn & broccoli potato top pie ●●●●	Chicken, tomato & basil pasta ●●	Moroccan lamb Cous cous ●●●	Pork & vegetable hot pot
Vegetarian option	Green Thai chickpea & lentil curry ● Wholegrain rice	Tofu, sweetcorn & broccoli potato top pie ●●●●	Quorn™, tomato & basil pasta ●●●●	Moroccan vegetables Lentil cous cous ●●●	Bean vegetable hot pot
Pudding	Organic full fat fruit yogurt ●	Coco rice pudding ●	Smooth fruits of the forest jelly	Cup cakes ●●●	Mandarins & cream ●●
Tea	Beef lentil Vegetable bolognaise pasta ●●	Vegetable finger wraps Red cabbage salad ●●	Jacket potato Tuna sweetcorn mayo ●●	Chicken, red pepper baguette pizza ●●●◆◆	Tea of the day (menu choice will be displayed in reception)
Vegetarian option	Vegan mince ● Lentil & vegetable bolognaise pasta ●●	Vegetable finger wraps Red cabbage salad ●●	Jacket potato Cheese sweetcorn mayo ●●	Bean, red pepper baguette pizza ●●●◆◆	Vegetarian Tea of the day (menu choice will be displayed in reception)
Pudding	1/2 Banana	Orange	1/2 Apple	Organic full fat fruit yogurt ●	1/2 Pear
Rolling afternoon snack served with fresh milk ●	Cucumber sticks Cracker (over 2's) ●● Buttered muffin (under 2's) ●●●◆	Bagel Cream cheese ●●●◆◆	Pear Tortilla ●●	Breadsticks Guacamole ●●	Melon salad Tortilla ●●

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Week 2	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●◆, Wholemeal toast ●●●●, Toasted breakfast muffin ●●●◆, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●, Organic full fat natural Yogurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Roast chicken Roast potatoes Peas, diced carrots Gravy	Vegan mince bolognaise Wholewheat spaghetti ●●●◆	Beef mince onion & bean potato top pie Mixed vegetables	Italian style white fish & rice bake ●●●	Sweet and sour chicken Noodles Red pepper & bean shoots ●●●●●
Vegetarian option	Quorn™ fillet ●●	Vegan mince bolognaise Wholewheat spaghetti ●●●●●	Bean, lentil & onion potato top pie	Italian style butterbean, & rice bake ●●	Sweet and sour Quorn™ Noodles Red pepper and bean shoots ●●●●●
Pudding	Frozen strawberry yogurt ●	Peaches & cream ●●	Fruit cup cake ●●●	Chocolate whip ●	Smooth pear & raspberry jelly
Tea	Tomato, lentil & basil soup ●●●●● Whole-wheat bread fingers ●●	Turkey coleslaw Whole-wheat pitta Cucumber sticks ●●●●	Tomato & lentil basil pasta ●●	Ham & cheese stuffed jacket potato ● Carrot & tomato salad	Tea of the day (menu choice will be displayed in reception)
Vegetarian option	Tomato, lentil & basil soup ●●●●● Whole-wheat bread fingers ●●	Quorn™ coleslaw Whole-wheat pitta cucumber sticks ●●●●	Tomato & lentil basil pasta ●●	Cheese stuffed jacket potato ● Carrot & tomato salad	Vegetarian Tea of the day (menu choice will be displayed in reception)
Pudding	Orange	1/2 Pear	Water melon slice	1/2 Banana	Organic full fat fruit yogurt ●
Rolling afternoon snack served with fresh milk ●	Breadstick Apple ●●●◆	Tortilla Red pepper houmous ●●●	Banana Bagel ●●●◆	Pear Cracker (over 2's) ●●● Buttered muffin (under 2's) ●●●◆●	Snack of the day

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Week 3	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●◆, Wholemeal toast ●●●●, Toasted breakfast muffin ●●●◆, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●, Organic full fat natural Yogurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Creamy beef Vegetable pasta ●●●●	Chicken mushroom risotto ●●	Quorn™ pieces ● in tomato & bean sauce Spinach cous cous ●●	Turkey Roast potatoes Carrots, green beans Gravy	Fish potato top pie Broccoli ●●●●●
Vegetarian option	Creamy vegan mince Vegetables ●●●●●	Bean mushroom risotto ●●	Quorn™ pieces ● in tomato & bean sauce Spinach cous cous ●●	Quorn™ ● Roast potatoes carrots, green beans Gravy	Tofu potato top pie with broccoli ●●●●●
Pudding	Frozen fruit yogurt ●	Peach crumble ●●● Cream ●●	Organic full fat fruit yogurt ●	Smooth apple & raspberry jelly	Banana & date cake ●●●
Tea	Tuna Potato & sweetcorn salad ●●	Cheese, lentil & tomato muffin pizza ●●●●	Jacket potato Lamb mince chilli	Macaroni lentil cheese Tomato ●●●	Tea of the day (menu choice will be displayed in reception)
Vegetarian option	Quorn™ ● Potato & sweetcorn salad	Cheese, lentil & tomato muffin pizza ●●●●	Jacket potato Vegan chilli ●	Macaroni lentil cheese Tomato ●●●	Vegetarian Tea of the day (menu choice will be displayed in reception)
Pudding	1/2 Apple	Smooth orange & pear jelly	1/2 Banana	Orange	1/2 Pear
Rolling afternoon snack served with fresh milk ●	Guacamole Cracker (over 2's) ●● Buttered muffin (under 2's) ●●●◆	Pineapple Pitta ●●	Cucumber Breadstick ●●	Melon Bagel ●●●●◆	Carrot sticks Houmous