

# Summer Menu 2022

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 ●●●●◆, Brown 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 Toasted bagel	Tuesday Brown toast	Wednesday Toasted breakfast muffin	Thursday Brown toast	Friday Brown toast
Dinner	Green Thai chickpea & lentil curry with whole grain rice ●	Salmon, sweetcorn & broccoli potato top pie ●●●●●●	Chicken, tomato & basil pasta ●●	Moroccan lamb & couscous ●●●●	Pork & vegetable hot pot
Vegetarian option	Green Thai chickpea & lentil curry with whole grain rice ●	Tofu, sweetcorn & broccoli potato top pie ●●●●●●	Vegan mince, tomato & basil pasta ●●●	Moroccan veg & lentil couscous ●●●●	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 & veg bolognese pasta ●●	Vegetable finger with houmous wrap & red cabbage salad ●●	Jacket potato with tuna & sweetcorn mayo ●●	Chicken, red pepper baguette pizza ●●●●◆◆	Tea of the day (menu choice will be displayed in reception)
Vegetarian option	Vegan mince, lentil & veg bolognese pasta ●●●●	Vegetable finger with houmous wrap & red cabbage salad ●●	Jacket potato with Quorn™ & sweetcorn mayo ●	Bean, red pepper baguette pizza ●●●●◆◆	Vegetarian Tea of the day (menu choice will be displayed in reception)
Pudding	½ Banana	Orange	½ Apple	Organic full fat fruit yogurt ●	½ Pear
Rolling afternoon snack served with fresh milk ●	Cucumber sticks & cracker ●●◆◆◆◆ Muffin & spread (under 2's) ●●●◆◆	Bagel with cream cheese ●●●●◆◆	Pear & tortilla ●●	Guacamole & breadsticks ●●◆◆	Melon, salad & tortilla ●●
Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over					

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Week 2	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●●●, Brown 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 Toasted breakfast muffin	Tuesday Brown toast	Wednesday Toasted bagel	Thursday Brown toast	Friday Toasted breakfast muffin
Dinner	Salmon, sweetcorn & potato bake with minted peas ●●●●●	Beef & rice with vegetables ●	Chicken roast potato's carrots & green beans with gravy	Chickpea & red pepper pasta ●●	Turkey & tomato coconut spinach curry with brown rice
Vegetarian option	Tofu, sweetcorn & potato bake with minted peas ●●●●●	Vegan mince & rice with vegetables ●●	Quorn™, roast potato, green beans, carrots & gravy ●	Chickpea & red pepper pasta ●●	Bean, tomato coconut & spinach curry with brown rice
Pudding	Blueberry oat squares ●●●	Smooth pear & raspberry jelly	Chilly billy apple & mango ice lolly ◆	Peaches & Cream ●●	Organic full fat fruit yogurt ●
Tea	Tomato, basil & bean pasta ●●	Jacket potato, tuna, lentil, lime & coriander filling ●	Falafel Tortilla with avocado & tomato salad ●●	Chicken, sweetcorn, white pitta bread with cucumber ●●	Tea of the day (menu choice will be displayed in reception)
Vegetarian option	Tomato, basil & bean pasta ●●	Jacket potato, tofu & lentil with lime & coriander filling ●	Falafel Tortilla with avocado & tomato salad ●●	Quorn™, sweetcorn, white pitta bread with cucumber ●●●	Vegetarian Tea of the day (menu choice will be displayed in reception)
Pudding	Apple	Orange	Banana	Frozen fruit yogurt ●	Pear
Rolling afternoon snack served with fresh milk ●	Cream cheese ● & tortilla ●●	Apple, celery & chickpea pasta salad ●	Melon & wholemeal pitta bread ●●●◆	Mango & mint dip ● & bread sticks ●●●◆	Banana & naan bread ●●●
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Week 3	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●◆, Brown 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 Toasted breakfast muffin	Tuesday Brown toast	Wednesday Toasted bagel	Thursday Brown toast	Friday Toasted breakfast muffin
Dinner	Creamy beef & veg pasta ●●●●●	Chicken mushroom risotto ●●	Quorn™ pieces in a tomato & bean sauce with spinach couscous ●●	Turkey, roast potatoes, carrots, green beans & gravy	Fish potato top pie with broccoli ●●●●●
Vegetarian option	Creamy vegan mince & veg ●●●●●	Bean mushroom risotto ●●	Quorn™ pieces in a tomato & bean sauce with spinach couscous ●●	Quorn™ ● roast potatoes, carrots, green beans & gravy	Tofu potato top pie with broccoli ●●●●●
Pudding	Frozen fruit Yogurt ●	Peach crumble with cream ●●●●	Organic full fat fruit yogurt ●	Smooth apple & raspberry jelly	Banana & date cake ●●●
Tea	Salmon, potato & sweetcorn salad ●●	Cheese, lentil & tomato muffin pizza ●●●●●◆	Jacket potato with lamb mince chilli	Cold egg noodle chickpea salad ●●●●●	Tea of the day (menu choice will be displayed in reception)
Vegetarian option	Quorn™ ● potato sweetcorn salad	Cheese, lentil & tomato muffin pizza ●●●●●◆	Jacket potato with vegan mince chilli ●	Cold egg noodle chickpea salad ●●●●●	Vegetarian Tea of the day (menu choice will be displayed in reception)
Pudding	½ Apple	Smooth orange & pear, or apple, jelly	½ Banana	Orange	½ Pear
Rolling afternoon snack served with fresh milk ●	Guacamole with cracker ●●◆◆◆◆ Muffin & spread (under 2's) ●●●◆	Pineapple & brown pitta ●●◆◆	Cucumber & breadstick ●●◆◆	Melon & bagel ●●●◆◆◆	Carrot sticks & houmous
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Week 4	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●●●, Brown 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 Brown toast	Tuesday Toasted bagel	Wednesday Brown toast	Thursday Toasted breakfast muffin	Friday Brown toast
Dinner	Roast chicken, gravy, roast potatoes, peas & diced carrots	Vegan mince bolognaise with wholewheat spaghetti ●●●●●	Beef mince, onion & bean potato top pie with mixed veg	Italian style white fish & rice bake ●●●	Sweet & sour chicken with noodles, red pepper & bean shoots ●●●●●
Vegetarian option	Quorn™ fillet ●	Vegan mince bolognaise with wholewheat spaghetti ●●●●●	Bean, lentil & onion potato top pie	Italian style butterbean & rice bake ●●	Sweet & sour Quorn™ with noodles, red pepper & bean shoots ●●●●●
Pudding	Strawberry frozen yogurt ●	Peaches & cream ●●	Fruit cup cake ●●●	Chocolate whip ●	Smooth apple & raspberry jelly
Tea	Tomato, lentil & basil soup ●●●●● with brown bread fingers ●●●●●	Turkey, coleslaw & white pitta ●●●	Tofu courgette & basil pasta ●●●	Ham, jacket potato with carrot, bean & tomato salad ●	Tea of the day (menu choice will be displayed in reception)
Vegetarian option	Tomato, lentil & basil soup ●●●●● with brown bread fingers ●●●●●	Quorn™, coleslaw & white pitta ●●●	Tofu courgette & basil pasta ●●●	Quorn™ fillet, jacket potato with carrot, bean & tomato salad ●	Vegetarian Tea of the day (menu choice will be displayed in reception)
Pudding	Orange	½ Pear	Watermelon slice	½ Banana	Full fat organic fruit yogurt ●
Rolling afternoon snack served with fresh milk ●	Breadstick ●●●●● Apple	Tortilla ●●● & red pepper houmous	Banana & white pitta ●●	Pear & cracker ●●●●● Muffin & spread (under 2's) ●●●●●	Snack of the day (menu choice will be displayed in reception)
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