

**Summer Menu 2020**

**Week 1**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Shredded Wheat with whole milk				
	Homemade yoghurt with seasonal fruit				
	Toast or crumpet with non-dairy spread and cup of whole milk				
<b>MORNING SNACK</b>	Selection of fresh seasonal fruit				
<b>LUNCH</b>	Cauliflower and broccoli pasta bake served with tomato salad	Beef lasagne served with garlic bread	Salmon and pea risotto	Shepherd's pie served with carrots	Fish cakes served with new potatoes and mushy peas
<b>VEGETARIAN LUNCH</b>	Cauliflower and broccoli pasta bake served with tomato salad	Quorn lasagne served with garlic bread	Tofu and pea risotto	Shepherdess pie served with carrots	Red lentil cakes served with new potatoes and mushy peas
<b>DESSERT</b>	Fresh fruit or seasonal fruit salad, homemade yoghurt with fruit, stewed fruit and custard, rice pudding, frozen yoghurt, ice-cream, oat cookies, hot pudding or cake				
<b>AFTERNOON SNACK</b>	Homemade scones, cumin straws, bread, rice cakes - served with homemade dips or houmous				
<b>TEA</b>	Sweet and sour vegetables served with rice noodles	Chef's Homemade vegetable and lentil soup with wholemeal bread	Jacket potato with cheese and baked beans and vegetable sticks	Wholemeal Pitta Ham and Tomato Pizza served with vegetable sticks	Mexican Chicken and Bean Wrap served with sweetcorn
<b>VEGETARIAN TEA</b>				Wholemeal Pitta Cheese and Tomato Pizza served with vegetable sticks	Bean and Cheese Wrap served with sweetcorn
<b>DESSERT</b>	Fresh fruit or seasonal fruit salad, homemade yoghurt with fruit, stewed fruit and custard, rice pudding, frozen yoghurt, ice-cream, oat cookies, hot pudding or cake				