

SUMMER MENU

Please find below our new Summer Menu. We have designed our summer menu based on the children's likes and dislikes, promoting healthy eating and including our parent's views. All our food is vegetarian with Quorn as a meat substitute. The nursery also caters for dietary requirements and allergies. Please speak to the management in advance regarding any allergies, recipes or ingredients.

Fresh milk is provided twice a day: once during the morning snack and again during the afternoon snack.

Fresh water is available throughout the day, children also take water breaks during the day.

WEEK1

Day	Lunch	Pudding	Tea
Monday	Minced Quorn Chilli on a bed of Rice	Natural Yoghurt with Mixed Fruits	Rice cakes served with a selection of jam or Lemon curd Fresh fruit, Vegetable Sticks
Tuesday	Tuna and sweet corn pasta bake	Angel Delight	Vegetables and Cheese Wraps Fresh Fruit
Wednesday	Vegetarian Sausage served with Mashed Potatoes, Garden Peas and Gravy	Rice Pudding served with Lemon Drizzle	Rolls filled with tuna, mayo and sweetcorn Fresh fruit, Vegetable sticks
Thursday	Vegetable Sweet and Sour served on a bed of noodles	Vanilla Ice Cream topped with Peach slices	Cheese or egg sandwiches Fresh fruit, vegetable Sticks
Friday	Fish Fingers and Mini Waffles served with baked Beans	Jelly and custard	Homemade cheese and tomato pizza Fresh fruit, Vegetable Sticks

WEEK 2

Day	Lunch	Pudding	Tea
Monday	Quorn minced Bolognese, served with wholemeal Spaghetti	Natural yoghurt served with selection of Fruit	Pitta Bread served with selection of fillings Fresh Fruit
Tuesday	Jacket Potato served with cheese, beans and tuna sweet corn	Fruit cake	Rice Cakes served with selection of jam and Lemon curd Fresh fruit, vegetable sticks
Wednesday	Homemade Cheese and Tomato Pizza served with a Mixed Salad	Rice Pudding with Strawberry Drizzle	Brioche served with Jam and butter Fresh Fruit, Vegetable Sticks
Thursday	Chicken curry with served with rice and Naan	Rhubarb and Custard	Selection of sandwiches Fresh fruit, Vegetable Sticks
Friday	Fish in Battered Sauce served with Mash potatoes and Peas	Home Frozen Natural Yoghurt with Summer Fruits	Rolls filled with cheese or egg Mayo Fresh Fruit and Vegetable Sticks