

## Summer Menu – Week Three

**KEY: LW & LE** meals for **Little Wrighlers & Little Explorers** & **VEG** vegetarian option if appropriate

|                  | Breakfast                                                                   | Snacks am/pm                                                   | Lunchtime                                                                                                                                          | Teatime                                                                                                                                     |
|------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b>    | Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt<br>CG M | Banana spears<br>Malt loaf with strawberries<br>CG             | Roast Ham/Quorn Smokey Ham slices VEG<br>mini roast potatoes, broccoli florets, carrots & Bisto gravy<br>Pineapple Triangles/ Compote M S E CG     | One pan Tomato & Mascarpone Gnocchi with buttered sourdough slices<br>Pear thins<br>M CG N                                                  |
| <b>Tuesday</b>   | Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt<br>CG M | Apple Slices<br>Smoked ham with water biscuits CG              | Chicken and Tomato stew with seasoned rice/ Quorn chicken pieces and tomato stew<br>Honeydew Melon slices                                          | Chunky Vegetable soup with bloomer bread slices<br>Fromage frais<br>M CG                                                                    |
| <b>Wednesday</b> | Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt<br>CG M | Muffins slices with creamed cheese<br>CG M<br>Nectarine slices | Salmon and Broccoli Pasta/Broccoli & tomato pasta VEG<br>Greek yoghurt with fruit<br>M E F CG                                                      | Sloppy Joe casserole with corn on the cob/Quorn Sloppy Joe casserole VEG<br>Sloppy Joe Casserole with sweet potato LW/LE<br>Orange segments |
| <b>Thursday</b>  | Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt<br>CG M | Blueberries<br>Pitta fingers with tuna & mayo dip<br>CG F E M  | Roast Summer Vegetables with chickpea stew<br>Strawberries and cream<br>M CG                                                                       | Best ever Maccaroni and cheese with Italian breadsticks<br>Banana Spears<br>CG M E M                                                        |
| <b>Friday</b>    | Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt<br>CG M | Watermelon Triangles<br>Natural yoghurt with puffed rice<br>M  | Traditional Roast Beef Slices/Plant based sausages VEG<br>Yorkshire pudding, seasonal vegetables onion gravy<br>Vanilla Cheesecake slices M E CG S | Spanish Chicken with couscous/ Halloumi & Couscous VEG<br>Kiwi Slices CG M M                                                                |

**Key for allergens:**

**Celery C** **Peanuts P** **Sesame seeds SS** **Eggs E** **Fish F** **Cereals/gluten CG** **Milk M** **Soya S** **Mustard M** **Lupin L** **Crustaceans C** **Molluscs M** **Sulphur Dioxide/sulphites SD/S** **Nuts N**