

## Summer Menu – Week Two

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

|                  | Breakfast                                                                            | Snacks am/pm                                                               | Lunchtime                                                                                                                                | Teatime                                                                                                                                                                                |
|------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b>    | Fruit, porridge,<br>wholemeal toast,<br>low sugar cereals<br>natural yoghurt<br>CG M | Cucumber & pepper thins<br>with dips<br><br>Rice cakes with<br>blueberries | Herb crumbed Haddock ratatouille/<br>Mozzarella melts with ratatouille VEG<br><br>Homemade Mango, Pear &<br>Pineapple smoothie<br>CG F M | Homemade Cheesy Bean and Tomato<br>Pie<br><br>Apple slices<br>M                                                                                                                        |
| <b>Tuesday</b>   | Fruit, porridge,<br>wholemeal toast,<br>low sugar cereals<br>natural yoghurt<br>CG M | Cottage cheese with<br>tortilla triangles<br><br>Pear slices<br>M CG       | Vegetable Moussaka with garlic<br>bread slices<br><br>Greek yoghurt with sultanas<br>M CG                                                | Chicken and Chorizo Risotto/<br>Vegetable Risotto VEG<br>Watermelon Triangles<br><br>CG M M                                                                                            |
| <b>Wednesday</b> | Fruit, porridge,<br>wholemeal toast,<br>low sugar cereals<br>natural yoghurt<br>CG M | Orange segments<br><br>Bread & Butter fingers<br>CG M                      | Sweet potato Shepherds Pie/<br>Lentil shepherd's Pie VEG with<br>seasonal vegetables<br><br>Banana custard S CG                          | Tuna, tomato & herb pasta bake<br>Tomato and herb pasta bake VEG<br><br>Strawberry thins<br>F CG                                                                                       |
| <b>Thursday</b>  | Fruit, porridge,<br>wholemeal toast,<br>low sugar cereals<br>natural yoghurt<br>CG M | Pancakes with banana<br>circles<br><br>Kiwi slices<br>M E CG               | Quorn Swedish Meatballs with<br>tomato linguine<br><br>Cantaloupe Melon<br>CG E                                                          | Slow cooker lentil soup served with<br>wholemeal roll/bread fingers<br><br>Mango segments<br>CG                                                                                        |
| <b>Friday</b>    | Fruit, porridge,<br>wholemeal toast,<br>low sugar cereals<br>natural yoghurt<br>CG M | Raspberry segments<br><br>Oatcakes with garlic &<br>herb cream cheese<br>M | Cowboy Turkey & vegetable hotpot<br>Tofu hotpot VEG<br><br>Summer fruit salad<br>CG S                                                    | Slow cooker Chicken Fajitas with tortilla<br>wraps/ Chicken Fajitas with sweet<br>potato mash LW Vegetable Fajitas with<br>wraps or sweet potato mash VEG<br><br>Fromage Frais M SS CG |

### 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