

Summer Menu – Week One

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

	Breakfast	Snacks am/pm	Lunchtime	Teatime
Monday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Breadsticks & Hummus CG SS Blackberries pieces	Quorn tomato Ragu with rigatoni pasta CG E Watermelon slices	Veggie fingers with Golden Vegetable Rice Veggie fingers with roasted vegetables LW/LE Fromage Frais M SS CG
Tuesday	Fruit, porridge wholemeal toast, low sugar cereals natural yoghurt CG M	Blueberries pieces Banana slices and rice cakes	Classic Roast chicken & Summer vegetable casserole/Quorn chicken style summer vegetable casserole with bisto gravy VEG Rice Pudding with seasonal fruit CG M S	Easy lentil Curry served with chapati triangles CG Apple thins
Wednesday	Fruit, porridge wholemeal toast, low sugar cereals natural yoghurt CG M	Boiled egg slices with cucumber sticks E Melon thins	Moroccan Lamb tagine Moroccan falafel vegetable tagine VEG Mandarin Orange segments	Chicken, carrot & butter bean soup Carrot & Butter bean soup VEG served with farmhouse bread triangles CG Pear Slices
Thursday	Fruit, porridge wholemeal toast, low sugar cereals natural yoghurt CG M	Strawberry pieces Cheese slices & ritz crackers CG M	Fish Gratin with vegetable medley, Cheese grills with vegetable medley VEG F M CG Natural yoghurt with mango compote	Spinach and Ricotta tortellini with tomato sauce served with side salad CG M E Easy peeler orange slices
Friday	Fruit, porridge wholemeal toast, low sugar cereals natural yoghurt CG M	Corn cakes with guacamole M SS S Apple slices	Salmon Cottage Pie/ Lentil Cottage pie VEG E M F CG Mini fruit muffin	Creamy Quorn vegetarian sausage & gnocchi tray bake CG S M Banana Spears

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**