

Summer Menu – Week Three

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

	Breakfast	Snacks am/pm	Lunchtime	Teatime
Monday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Banana spears Malt loaf with strawberries CG	Roast Ham/Quorn tomato & basil slices VEG dauphinoise potatoes, broccoli florets, carrots & Bisto gravy Scoop of ice-cream M S E CG	One pan Gnocchi tomato & herb bake Pear thins M CG N
Tuesday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Apple Slices Smoked ham with water biscuits CG	Salmon and Broccoli Pasta/Broccoli & tomato pasta VEG Honeydew Melon F CG	Chunky Vegetable soup with bloomer bread slices Fromage frais M CG
Wednesday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Muffins slices with creamed cheese CG M Nectarine slices	Chicken and Tomato stew with seasoned rice/ Quorn chicken pieces and tomato stew Greek yoghurt M E	Quorn mince chili con carne with red kidney beans and butter beans Flatbread fingers Orange segments CG E
Thursday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Blueberries Pitta fingers with tuna & mayo dip CG F E M	Mixed Bean and vegetable stew with Dumplings Strawberries and cream M CG	Best ever Maccaroni and cheese with Italian breadsticks Banana Spears CG M E M
Friday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Watermelon Triangles Natural yoghurt with puffed rice M	Traditional Roast Beef Slices/Plant based sausages VEG Yorkshire pudding, seasonal vegetables onion gravy Vanilla Cheesecake slices M E CG S	Cheese and Bacon Quiche/Broccoli & tomato quiche VEG served with sweet potato fries or tomato pasta LW Kiwi Slices M CG E

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**