

Summer Menu – Week Two

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	Orange segments Rice cakes with blueberries	Herb crumbed Haddock ratatouille Mozzarella melts with ratatouille Pineapple Triangles CG F M	Jacket potato with Tuna & sweetcorn or grated cheddar cheese Apple slices M F
Tuesday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Cottage cheese with tortilla triangles Pear slices M CG	Vegetable Moussaka with garlic bread slices Greek yoghurt M CG	Chicken schnitzel with roasted vegetable couscous and coleslaw Grilled chicken with steamed vegetable & Mash LW Watermelon Triangles CG M M
Wednesday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Cucumber & pepper thins with dip Bread & butter fingers CG M	Sweet potato Shepherds Pie Lentil shepherd's Pie VEG with seasonal vegetables Banana custard S CG	Tuna, tomato & herb pasta bake Tomato and herb pasta bake VEG Strawberry thins F CG
Thursday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Pancakes with banana circles Kiwi slices M E CG	Cowboy Turkey & vegetable hotpot Tofu hotpot VEG Summer fruit salad CG S	Slow cooker lentil soup served with wholemeal roll/bread fingers Mango segments CG
Friday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Raspberry segments Oatcakes with garlic & herb cream cheese M	Quorn Swedish meatballs with tomato linguine Cantaloupe melon slices CG E	Grilled halloumi with red pepper hummus, side salad tortillas. Gilled halloumi vegetable tray bake LW 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**