

## Summer Menu – Week One

**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	Breadsticks & olives CG  Strawberry slices	Quorn tomato Ragu with rigatoni pasta CG E  Watermelon slices	Veggie fingers with vegetable crudites, flatbread and hummus dip Veggie fingers with roasted vegetables in tomato sauce LW 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/Quorn chicken style pieces VEG carrot, fine beans & roasties with bisto gravy  Rice Pudding with raisins 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 pasta salad E  Melon thins	Moroccan Lamb tagine Moroccan falafel vegetable tagine VEG  Fresh Orange segments	Chicken and rice soup Tomato and three bean soup VEG served with farmhouse bread triangles CG Pear Slices
Thursday	Fruit, porridge wholemeal toast, low sugar cereals natural yoghurt CG M	Raspberries pieces  Cheese slices & ritz crackers CG M	Fillet of Fish/Cauliflower cheese crisp grills VEG, new potatoes, garden peas option of parsley sauce/cheese sauce 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 and broccoli frittata/cheese and mushroom frittata VEG served with sweet potato fries E M F Kiwi thins	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