



## Kids Club - 11 Day Rolling Menu – Vegetarian - Summer 2025

All meals are homemade daily on the premises and we use fresh fruit and vegetables

	PM Snack	Dinner	Pudding
Day 1	Wholemeal pitta with cheese slices CM,G,W	Vegetable goujons with potato salad, peas, sweetcorn and a homemade tomato dip G,W	Beetroot Cake CM,G,W,E
Day 2	A selection of melon slices	Quorn Fillet with wholemeal rice, roasted parsnips, carrots and a lemon dill sauce CM,E	Greek yogurt & bananas CM
Day 3	Grapes & orange slices	Moussaka with garlic bread & broccoli CM,G,W	Rice pudding & seasonal fruit puree CM
Day 4	Breadsticks with homemade dips F,CM,G,W,E	Lentil burger with a cucumber and tomato salad and homemade tomato dip G,W,E	Frozen strawberry yogurt CM
Day 5	Strawberries & plum segments	Turkish Karniyarik with wholemeal rice G,W	Greek yogurt and seasonal fruit salad CM
Day 6	A selection of melon slices	Vegetable bean balls with garlic herb potato cubes, peas and carrots G,W,E	Apple and blueberry muffins CM, G,W,E
Day 7	Mixed pepper batons with homemade dips F,CM,G,W,E	Vegetable and bean curry with wholemeal rice and green beans CM	Shortbread biscuit & satsuma pieces G,W
Day 8	Strawberries & satsuma pieces	Kofte style cannellini balls with pitta bread, yoghurt and Turkish coban salad G,W,E	Pineapple upside down cake G,W,E
Day 9	Large rice cakes with a selection of spreads CM,G,W,E	Turkish style butter bean & vegetable casserole with couscous G,W	Summer fruit crumble with ice cream CM,G,W,E
Day 10	Breadsticks with homemade dips F,CM,G,W,E	Mexican quorn mince tacos boats and rice with zingy Mexican salsa CM,G,W,E	Frozen banana yogurt CM
Day 11	Oatcakes with a selection of spreads CM,G,W,E	Roasted vegetable puff with green beans & broccoli CM,W	Apple oat cookie CM,G,W,E

**Please note:** After dinner, children who do not want dessert will have the option to choose fresh fruit from our fruit bowl.

**Allergens:** F fish CM cow's milk, G gluten, W wheat E eggs, M mustard, CE celery S soy