



11 Day Rolling Menu – Summer Menu 2025 - Vegetarian

A variety of cereals, whole meal toast, fruit and natural yogurt are served for breakfast daily until 9am.

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

	AM Snack	Lunch	PM Snack	Dinner
Day 1	Wholemeal pitta with cheese slices CM,G,W	Macaroni cheese with chickpeas, cauliflower and broccoli CM,G,W Beetroot cake CM,G,W,E	Carrot batons with homemade dips F,CM,G,W,E	Vegetable goujons with potato salad, peas, sweetcorn and a homemade tomato dip G,W
Day 2	A selection of melon slices	Jacket potatoes, beans, cheese and grated carrot CM,E Greek yogurt and bananas CM	Large rice cakes with a selection of spreads CM,G,W,E	Quorn Fillet with wholemeal rice, roasted parsnips, carrots and a lemon dill sauce CM,E
Day 3	Grapes & orange slices	Wholemeal toasted muffins with a selection of fillings and crudités CM,G,W,E,S Rice pudding and seasonal fruit puree CM	Oatcakes with a selection of spreads CM,G,W,E	Moussaka with garlic bread & broccoli CM,G,W
Day 4	Breadsticks with homemade dips F,CM,G,W,E	Roasted vegetable puff with peas and sweetcorn CM,G,W Frozen strawberry yogurt CM	Cheese cubes & fresh pineapple chunks CM	Lentil burger with a cucumber and tomato salad and homemade tomato dip G,W,E
Day 5	Strawberries & plum segments	Freshly made pizza with vegetable and bean sauce base with a selection of toppings and crudité CM,G,W Greek yogurt and seasonal fruit salad CM	Water biscuits with a selection of spreads CM,G,W,E	Turkish Karniyarik with wholemeal rice G,W
Day 6	A selection of melon slices	A selection of sandwiches and wraps with a variety of fillings and crudités CM,G,W,E Apple and blueberry muffins CM, G,W,E	Breadsticks with homemade dips F,CM,G,W,E	Vegetable bean balls with garlic herb potato cubes, peas and carrots G,W,E
Day 7	Mixed pepper batons with homemade dips F,CM,G,W,E	Tomato, mozzarella, cannellini beans and mushroom pasta bake served with garlic bread CM,G,W Shortbread biscuit & satsuma pieces G,W	Croissant bites with blueberries CM,G,W,E	Vegetable and bean curry with wholemeal rice and green beans CM
Day 8	Strawberries & satsuma pieces	Mixed bean and pepper paella with green salad CM,G,W Pineapple upside down cake G,W,E	Water biscuits with cheese slices CM,G,W	Kofte style cannellini balls with pitta bread, yoghurt and Turkish coban salad G,W,E
Day 9	Large rice cakes with a selection of spreads CM,G,W,E	Leek, chickpea & potato soup with cheese twists CM,G,W Summer fruit crumble with ice cream CM,G,W,E	Cucumber batons with homemade dips F,CM,G,W,E	Turkish style butter bean & vegetable casserole with couscous G,W
Day 10	Breadsticks with homemade dips F,CM,G,W,E	Basil and sunflower seed pesto cous cous with sweetcorn CM,G,W Frozen banana yogurt CM	Cheese and apple slices CM,G,W,E	Mexican quorn mince tacos boats and rice with zingy Mexican salsa CM,G,W,E
Day 11	Oatcakes with a selection of spreads CM,G,W,E	A selection of sandwiches and wraps with a variety of fillings and crudités CM,G,W,E Apple oat cookie CM,G,W,E	Peach & pear slices	Roasted vegetable puff with green beans & broccoli CM,W

After dinner dessert will always be fresh fruit which the children will get to choose from our fruit bowl.

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