

	Spring - Summer Menu 2018				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16/4 14/5 11/6 9/7 6/8 (Hol) 3/9	Penne pasta cooked with ham, cheese and tomato sauce, with vegetables Fruit salad	Sausages and mashed potato with baked beans Semolina with peaches	Cod & salmon fish cooked with vegetables and couscous Yoghurt with crispy topping	Beef lasagne with carrots and peas Bananas & custard	Vegetable wok rice with mixed beans salad Fruit in jelly
23/4 21/5 18/6 16/7 13/8 (Hol) 10/9	Chickpea curry made with spinach and naan bread Yoghurt with fruit	Chicken paella and roast peppers Bananas with Angel Delight	Spaghetti Bolognese with fresh salad Spiced plums in crème fraiche	Cod fish in green sauce, potato & broccoli Apple crumble	Fusilli pasta and kidney beans made with vegetables and boiled eggs Fruit salad
30/4 28/5 (Hol) 25/6 23/7 20/8 (Hol) 17/9	Mushroom and bean risotto with vegetables Summer fruit crumble & custard / yoghurt	Tuna pasta and cream of vegetables sauce Yoghurt with crispy topping	Chicken noodles with soya sauce and vegetables Fresh fruit salad	Vegetable frittata and beans Rice pudding with berry compote	Handmade beef meatballs in tomato sauce and potatoes Lemon and sultana sponge cake
7/5 4/6 2/7 30/7 (Hol) 27/8 (Hol) 24/9	Salmon and pea risotto Yoghurt with passion fruit	Roast chicken with carrot sauce and vegetables Banana flapjack	Lentil and vegetable stew with rice Pineapple & custard	White fish and broccoli with pasta salad Cinnamon & fruit Clafoutis (like thick pancakes)	Macaroni cheese with Quorn pieces, peas and sweetcorn Fruit salad

Occasionally menu choices will be swapped around. The overall balance will remain the same. This menu has been put together using the voluntary food and drink guidelines for early years settings. For further information please see Sarah E / Patricia.