

	Summer Menu 2015				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 11/5 8/6 6/7 3/8 (Holiday club) 31/8 (Holiday club) 28/9 26/10 (Holiday club)	Salmon and broccoli whole wheat pasta Mango & melon fruit salad	Homemade meat balls with hidden vegetable sauce & rice Fruit crumble & yoghurt	Roast pork, roast potatoes, seasonal vegetables, Yorkshire pudding Natural yoghurt with choice of toppings (cereal and fruit)	Chicken goujons, new potatoes, seasonal vegetables Dairy (milk) & summer fruit smoothies	Spicy vegetable risotto (with chick peas and kidney beans) (with pitta) Banana cake – ‘monkey bread’
Week 2 20/4 18/5 15/6 13/7 10/8 (Holiday club) 7/9 5/10	Jacket potatoes with baked beans and salad Rhubarb and custard	Fish goujons with cous cous and salad Crispy cake – containing dried fruit	Turkey meatloaf, mashed potato, seasonal vegetables Fresh fruit salad and natural yoghurt	Lentil , tomato and cheese bake; with whole wheat pasta , vegetables and bean (chickpeas, kidney beans) salad Eton Mess - mixed yoghurt & crème fraiche, red berry mix topped with rice crispies and crushed meringue	Chicken & sweetcorn sticky soy & sesame seed sauce with pasta Natural yoghurt with choice of toppings (cereal and summer berries)
Week 3 27/4 25/5 22/6 20/7 17/8 (Holiday club) 14/9 12/10	Soya mince whole wheat spaghetti bolognese (made with hidden vegetable sauce) Fresh fruit & diary ice cream	Turkey & vegetable stir fry with rice Hot fruit Brule	Fish pie (spinach, salmon & cod) with mashed potato topping and steamed broccoli & cauliflower vegetables Sultana & sunflower seed oat cookies	Sticky chicken & peppers with pasta Natural yoghurt with choice of toppings (cereal and fruit)	Pizza with fresh toppings potato wedges & baked beans Lemon & lime mousse (mix of jelly & plain yoghurt)
Week 4 4/5 1/6 29/6 27/7 24/8 (Holiday club) 21/9 19/10	Vegetable, & tuna whole wheat pasta bake Natural yoghurt with choice of toppings (cereal and fruit)	Lemon chicken, with Mediterranean vegetables and cous cous Peachy flapjack	Roast chicken, roast potatoes, steamed seasonal vegetables Fresh fruit salad with natural yoghurt	Pork & vegetable (kebabs), sweetcorn & rice Apple pie & custard	Boiled egg, cous cous, & salad Raspberry mousse (mix of jelly & plain yoghurt)

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 or Claire.