



SPRING -SUMMER MENU 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/04/2021 10/05/2021 7/06/2021 5/07/2021 2/08/2021 30/08/2021	Tuna pasta with tomato sauce Vegetables (Sweetcorn and Peas) Yogurt with fruit	Mushroom risotto Vegetables (Green Beans and Carrots). cake	Breaded chicken with salad potatoes. Vegetables (Broccoli and Cauliflower) Strawberry angel delight	Red lentil with sweet potato baked. Mix vegetables. Fruit salad	Beef lasagne Green salad Ice Cream.
19/04/2021 17/05/2021 14/06/2021 12/07/2021 9/08/2021 6/09/2021	Vegetable frittata 3 beans salad Bread & butter pudding	Chicken paella. Carrots and Green beans Yogurt with Crispy topping	Macaroni cheese Green salad Fresh Fruit salad	Cod and Haddock Vegetables (broccoli & cauliflower) Apple crumble & custard or Ice cream	Sausage with mash potato Mix vegetables. plain yoghurt and Orange & lime jelly
26/04/2021 24/05/2021 21/06/2021 19/07/2021 16/08/2021 13/09/2021	Chicken & Cous cous Vegetables (carrots and peas) Strawberry angel delight.	Quiche Lorraine and Vegetable quiche. Baked Beans Fruit salad	Lentils with sweet potatoes bake. Mix Vegetables Cake	Tuna Pasta Vegetables (Colliflower and broccoli) Sultana Flapjack	Pizza: Vegetable, ham and sweetcorn. Vegetables (sweet potatoes and parsnip Chips) Yogurt with crispy topping
3/05/2021 31/05/2021 28/06/2021 26/07/2021 23/08/2021 20/09/2021	White fish in parsley sauce with new potatoes. Vegetables (carrots and green beans) Yogurt with crispy topping	Chicken noodles Rice Salad Custard with bananas or Ice cream	Baked Potatoes Baked beans Green Salad Fruit salad	Spaghetti Bolognese Mix Vegetables Rice pudding or Milky rice (Cold)	Tuna empanada (Pastry) Broccoli and cauliflower Shortbread

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 a member of staff.