

Summer Menu



WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Honey chicken with new Potatoes and crispy Salad	Mixed Vegetable noodle soup with crusty bread	Spring vegetables in a pasta salad	Jacket potato with cheese and beans	Steamed cod, green beans and brown rice
Vegetarian Option	Vegetable Nuggets	Vegetable Stew	N/A		
Desert	Ice cream	Fruit Salad	Cheese and grapes	Fresh fruit salad	Vegetable sticks

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken fajitas with herb and garlic cus cus	Spaghetti Bolognaise with leafy Salad	Vegetable packed Spanish rice	mixed bean and vegetable pie topped with sliced sweet potato	Tarka dahl with naan bread
Vegetarian Option	Quorn fajitas	Quorn Spagetti Bolognaise	Vegetable Pie and Gravy	Roasted Vegetable Medley	
Desert	Peaches	yogurt	Melon medley	Fruit platter	Pineapple upside down cake.

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Mixed bean chilli served with brown rice and sour cream	Vegetable meatballs with onion and apple gravy served with mash	Herby chicken penne served with roasted vegetables	Kale and vegetable sausage stew served with Garlic dough balls	Fish and chip Friday served with mushy peas
Vegetarian Option			Quorn fillet	N/A	N/A
Desert	Banana flap jack	Yogurt	Sliced fruit and yogurt dip	Fruit puree with raisins and sultanas	Vanilla ice cream