

Summer Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals paired with fresh fruit.	Warm serving of hearty baked beans and soft wholemeal muffins, finished with a side of fresh fruit.	Fluffy Scotch pancakes served with a refreshing, sweet-tart mixed berry salad.	Golden, toasted crumpets topped with smooth Dairy Lea cheese spread and juicy, sun-kissed tomatoes.	A deliciously moist Soreen fruit loaf, topped with strawberry jam and slices of creamy banana.
Morning Snack	Crispy wholemeal pitta fingers served with cool, creamy tzatziki and Mediterranean green olives.	Sweet, slices of nectarines and juicy pears.	Crisp crackers topped with creamy cheese and crisp apple slices!	Sun-ripened peaches and juicy strawberries.	Cheesy, flaky twists served with crisp cucumber and colourful pepper sticks.
Lunch	Fragrant Vegetable Dhansak A hearty and wholesome dish with sweet potatoes, carrots, and lentils, simmered in aromatic spices and served with fluffy brown rice. Natural yoghurt with mixed berries	Salmon & Pea Pasta with flaky salmon (or mixed beans) tossed with peas and pasta in a creamy sauce. Sliced apples and bananas	Golden Chicken & Mushroom Pie or Mushroom Pot Pie A classic comfort dish with tender chicken, mushrooms, peas, and carrots, topped with flaky puff pastry and served with green beans. Nectarines and honeydew melon slices	Homemade Beef or Veggie Meatballs Simmered in a rich vegetable tomato sauce, served over white spaghetti and topped with melty mozzarella. Sliced grapes and pineapple	Traditional Lamb Moussaka or Lentil & Aubergine Bake Layers of tender lamb (or lentils) and vegetables with a creamy béchamel topping, served with mixed salad and garlic bread. Homemade jelly with mixed berries
Afternoon Snack	Refreshing, juicy slices of watermelon and ripe plums.	Soft, buttery brioche rolls paired with fresh raspberries.	Bright, citrusy clementines and sliced bananas.	Light and airy melty carrot puffs with crunchy baby corn.	Tropical pineapple chunks and chewy, sweet raisins.
Tea	Vegetarian Pizzas Topped with green olives, mixed peppers, and a blend of cheeses. Mango and peach slices	Spiced Mixed Bean Wraps Loaded with nutritious green veggies. Galia melon and blueberries	Homemade Cheese & Chive Scones Spread with creamy cheese and served with warm baked beans. Homemade cherry oat biscuits	Hearty Carrot, Sweet Potato & Lentil Soup Accompanied by wholemeal bread. Summer fruit salad	Beef Hotdogs or Veggie Sausages Served with a crisp and colourful summer salad. Sliced pears and strawberries

