

Summer Menu - Week 4

	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 Dairylea 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	Crispy Breaded Cod or Quorn Fillets Served with golden potato wedges, garden peas, and homemade tartare sauce. Fresh raspberries and cantaloupe melon	Beef, Spinach & Red Lentil Curry or Sweet Potato, Red Lentil and Spinach Curry A spiced curry served with fluffy white rice and warm naan bread. Watermelon slices and sultanas	Mediterranean Lamb or Roasted Vegetable Macaroni Bake A cheesy and comforting pasta dish with red onions, courgettes, and spinach. Sliced pears and pineapples	Sizzling Chicken or Mixed Bean Fajitas Served with a zesty guacamole dip and a refreshing sweetcorn salad. Homemade rock buns	Rustic Roasted Vegetable Pasta A Mediterranean-inspired pasta dish featuring sweet peppers, mushrooms, aubergines, and lentils in a basil-infused tomato sauce. Apples and nectarines
Afternoon Snack	Refreshing 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	Stir-Fried Veg Noodles Served with crispy spring rolls for a fun and flavourful dish. Quartered grapes and bananas	Assorted Sandwiches Choose from tuna and egg mayo, or cheese, served with Pom Bears and fresh cucumber and green olives. Homemade blueberry muffins	Tuna & Corn Pittas or Butter Bean & Corn Pittas Packed with fresh lettuce and juicy tomatoes. Natural yoghurt with strawberry compote	Lamb Sausage Rolls or Mushroom & Cheese Rolls Served with warm baked beans. Satsumas and mango slices	Cream Cheese Bagels Paired with a crisp side salad. Fresh apricots and honeydew melon

