

Summer Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Baked Beans, Toast Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Streaky Bacon & Pancakes Fresh fruit salad Mixed Yoghurts Selection of healthy cereals Fresh fruit juice	Monte Cristo Sandwich Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Sausages, Poached Egg & Hash Browns Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Scrambled Egg & Smoked Salmon Bagels Mixed Yoghurts Fresh fruit Selection of healthy cereals Fresh fruit juice	Full English Mixed Yoghurts Fresh Fruit Selection of healthy cereals Fresh fruit juice	Continental Breakfast Mixed Yoghurts Fresh Fruit Selection of healthy cereals Fresh fruit juice
Lunch Main	Enchilada Chicken	Creamy Halloumi and Tomato Curry	Mince beef and onion Pie	Roast gammon	Breaded cod fillet	Chicken Kiev	Packed Lunch
Vegetarian	Broccoli and Mushroom Enchilada	Creamy Halloumi and Tomato Curry	Quorn Mince and Onion Pie	Roasted Vegetable Frittata	Gourmet Cheese and Leek Sausages	Southern Fried Quorn Fillet	Packed Lunch
Sides	Penne Pasta Mixed Salad	Basmati Rice	Boiled potatoes Fine beans and cauliflower	Roast potatoes Carrots and White Cabbage	Oven Chips Baked Beans	New Potatoes Green Beans	Packed Lunch
Dessert	Oaty Cinnamon Cookie	Fresh Fruit and Yoghurt	White chocolate and Strawberry Sponge	Fresh Fruit and Yoghurt	Sticky Toffee Pudding and Custard	Apple Strudel and Cream	Packed Lunch
Supper Main	Roast Chicken in White Wine Sauce	Beef Strips	Mixed Seafood Paella	Chicken Donner Kebab	Jok Mu Pork Balls	Piri Piri Chicken Legs	Roast Topside of Beef
Vegetarian	Warm Quorn, Avocado and Bean Salad	Cauliflower Nuggets	Vegetable Paella	Butternut and Halloumi Koftas	Vietnamese Vegetable Curry	Aubergine Parmigiana	Tomato Galette
Sides	Buttery New potatoes Asparagus	Whole Grain Mustard Mash Green Beans	Baguettes Mixed Leafy salad	Chips Red Cabbage Slaw Salad	Garlic Noodles	Seasoned Wedges Corn on the Cob	Roast Potatoes Savoy Cabbage Honey Roasted Parsnip
Dessert	Fruit Platter	Key Lime Pie	Arroz Con Leche	Cheese and Biscuits	Cookies	Ice Lollies	Chocolate Brownie and Ice Cream