**Summer Menu- Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water | Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water | Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water | Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** |  Mixed bean, peppers, mushroom, sweetcorn in a tomato and herb sauce with wholemeal pastaFruit Yoghurt | Paprika chicken and riceLemon cake and custard | Fresh salmon and cod fisherman’s pieSummer fruit salad | Turkey meatballs in a tomato and herb sauce with spaghettiBananas and ice cream | Quorn mince chilli con carne with baked beans and brown riceMixed berry and apple crumble with custard |
| **Dairy Free** | Dairy free cheese for toppingDairy free yoghurt | Dairy free Custard | As above | As aboveDairy free ice cream | Dairy free custard |
| **Meat Free** | As above | Lentil, chickpea and vegetables in a Paprika sauce and rice | As above |  Lentil ratatouille with spaghetti | As above  |
| **Tea** | Filled wholemeal pitta bread with tuna mayonnaise and lettuce, cucumber and tomato, with hummus dip.Chocolate Brownie | Jacket potatoes with grated carrot, cheese and Ham fillingsPineapple and Melon | Mini muffin pizzas with pepper, chicken and mushroom toppingsCherry shortbread | Crackers with cheese, celery, carrot and cucumber sticks, and rolls of turkey.Mango and oranges | Crumpets with Ham and cheese toppingBananas |
| **Dairy Free Tea** | As above | Dairy free cheese | Dairy free cheese | Dairy Free cheese  | Dairy free cheese |
| **Meat Free Tea** | As above | Jacket potato with Baked beans | Humus, pepper and tomato pizza | Sliced boiled egg | Chick pea and date cous cous |

Dairy free diets contain products per allergy requirements i.e. soya milk.

The above menu may be subject to change due to availability of food.

Fresh fruit and drinking water is always available in all rooms every day.

**Summer Menu- Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** | Chicken curry and ricePeach slices in juice with cream | Fresh tuna and sweetcorn wholemeal pasta bakeSemolina with chocolate swirl | Pork and mushroom stroganoff with basmati riceFruit Jelly and ice cream | Roast chicken, sage and onion stuffing, roast potatoes, spring cabbage, carrots and gravy.Fruit yoghurt | Quorn mince cannelloni with chopped lettuce, tomato and cucumber and spring onion saladChocolate cake and chocolate sauce |
| **Dairy Free** | No Cream | Dairy free cheese as toppingDairy free semolina | Dairy free sauceDairy free ice cream | Dairy free yoghurt | Dairy free cheese sauceDairy free custard |
| **Meat Free** | Vegetable and chick pea curry and rice | As above | Bean and mushroom stroganoff and rice | Lentil loaf with accompaniments | As above |
| **Tea** | Baked beans on wholemeal toastMarble cake | Mozzarella, ham and tomato tart with cucumber and carrot sticksMango and melon | Homemade French toast with soft cheese with sliced peppers, tomato wedges, rolls of turkey bananas | A selection of tuna and ham wholemeal sandwichesFlap Jacks | Toasted bagels with soft cheese with lettuce, celery and carrot, rolls of hamPineapple and pear |
| **Dairy Free Tea** | As above | Dairy free cheese | Dairy free soft cheese | As above | Dairy free soft cheese |
| **Meat Free Tea** | As above | Mixed bean, pea risotto | Sliced boiled egg | Tuna sandwiches |  Toasted bagel with humus and salad |

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The above menu may be subject to change due to availability of food.

Fresh fruit and drinking water is always available in all rooms everyday

**Summer Menu - Week 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** |   Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |   Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |   Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |   Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |   Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |
| **Lunch** | Macaroni cheese with ham and garden peasRaspberry and lemon sponge and custard | Roast chicken, sweetcorn, new potatoes coleslaw and chopped lettuce with cucumber and tomato Fruit jelly and cream | Fresh salmon and spinach pasta bakeFruit salad | Quorn mince cottage pieGinger sponge and custard | Caribbean chicken and brown ricePeach slices in juice with ice cream |
| **Dairy Free** | Dairy free cheese in sauceDairy free custard | As aboveNo cream with Jelly | Dairy free sauce | Dairy free custard | Diary free ice cream |
| **Meat Free** |  Macaroni cheese with mixed beans  | Lentil and spinach loaf and accompaniments | As above | As above | Chick peas and vegetables in a Caribbean sauce with brown rice |
| **Tea** | Homemade turkey burgers on wholemeal buns with cheese and tomato wedgesApple and melon | Tuna and mixed pepper pasta saladBananas | Toasted muffins with soft cheese, celery, carrot sticks, rolls of hamApple and oat muffins | Spicy tomato and pepper cous cous, with chick peasMelon and Mango | Crackers with soft cheese with rolls of hamChocolate chip muffin |
| **Dairy Free Tea** | Diary free cheese | As above | Dairy free soft cheese | As above | Dairy free cheese |
| **Meat Free Tea** | Lentil and vegetable burger with accompaniments | As above | Pepper and chilli humus | As above | Sliced boiled egg |



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The above menu may be subject to change due to availability of food.

Fresh fruit and fresh drinking water is always available in all rooms every day.

**Summer Menu - Week 4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** | Fresh tuna mornay and riceFruit yoghurt | Beef goulash with wholemeal pasta twistsApple cake and custard | Vegetable, lentil and chick pea curry with brown riceSemolina and chocolate swirl | Cheesy chicken and broccoli pasta bakeBananas and ice cream | Cowboy pie(sausage, mash, baked beans and cheese)Summer fruit salad |
| **Dairy Free** | Dairy free cheese sauceDairy free yoghurt | Dairy free custard | Dairy free semolina | Dairy free cheese sauceDiary free ice cream | Dairy free cheese |
| **Meat Free** | As above | Bean and lentil goulash with wholemeal pasta twists | As above | Cheesy chick pea and broccoli pasta bake | Quorn sausages |
| **Tea** | Lentil, chick pea and vegetable soup with French breadCarrot and sultana cake | Wholemeal bread rolls filled with tuna and egg mayonnaise and tomato wedgesPineapple and oranges | Muffin Pizza with peppers and chickenMango and melon | Warm wraps filled with ham, cheese and tomatoes.Apple and raspberry muffins | Cod fish fingers with wholemeal buttered bread and thousand island dressing with sliced peppers and carrot sticksbananas |
| **Dairy Free Tea** | Dairy free soft cheese | As above | As above | Dairy free cheese | As above |
| **Meat Free Tea** | As above | As above | Spicy chickpea and mushroom pizza muffin | Humus and salad wraps | As above |

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The above menu may be subject to change due to availability of food.

Fresh fruit and drinking water is always available in all rooms every day.

**Summer Menu - Week 5**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** | Chicken a la king and riceGreek yoghurt with raspberry compote | Spicy sausage and vegetable wholemeal pasta bakeRice pudding | Cheese and ham muffin pizzas with homemade potatoes wedges with lettuce, cucumber, tomatoes and spring onions saladFruit jelly with cream | Quorn mince bolognaise with penne pastaGolden syrup sponge and custard | Fresh cod mornay, with baby potatoes, peas and sweetcornApple crumble and ice cream |
| **Dairy Free** | Dairy free yoghurt | Dairy free rice pudding | Dairy free cheeseNo Cream | Dairy free custard | Diary free cheese sauceDairy free ice cream |
| **Meat Free** | Mixed bean a la king and rice | Lentil ratatouille and wholemeal pasta twirls | Mushroom and cheese pizza, potato wedges and egg salad | As above | As above |
| **Tea** |  Spicy vegetable, Cous cous with chick peasCherry scone | Baked beans on wholemeal toastMelon and pear | Sausage rolls with sliced peppers and cucumber sticksChocolate chip muffin | Filled wholemeal pitta bread with tuna mayonnaise, ham and cheese.Banana and mango | Crumpets with melted cheese and ham and spring onions and chopped lettuce, cucumber and tomato.Pineapple and oranges |
| **Dairy Free Tea** | Dairy free soft cheese | As above | As above | Dairy free cheese | Dairy free cheese |
| **Meat free Tea** | As above | As above | Sweet potato and lentil ragu and crusty bread | Pitta bread with humus  | Sliced boiled egg |

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The above menu may be subject to change due to availability of food.

Fresh fruit and drinking water is always available in all rooms every day.

**Summer Menu - Week 6**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** | Lemon chicken and thyme risottoPineapple pieces in juice with cream | Ham and mushroom carbonara with spaghettiSummer berry cake with custard | Fresh salmon fishcake, new potatoes, peas and sweetcornSemolina | Roasted vegetable and Quorn mince lasagneFruit yoghurt | Turkey meatballs in spicy tomato sauce with brown riceChocolate cake and chocolate sauce |
| **Dairy Free** | No Cream | Diary free sauceDairy free custard | Dairy free semolina | Dairy free cheese sauceDairy free yoghurt | Dairy free custard |
| **Meat Free** | Spicy lentil and vegetable risotto |  Chick pea and mushroom carbonara | As above | As above | Mixed beans in spicy tomato sauce |
| **Tea** | Egg mayonnaise on whole bread rolls with tomato wedgesShortbread | Tuna, cheese and potato parcels with carrot and cucumber sticksMelon and mango | Cheese on wholemeal toast with rolls of ham/turkeyPineapple and banana | Toasted muffins with various spreads with sliced peppers, celery sticks and boiled egg wedgesLemon cake | Pasta salad(pasta, broccoli, peppers, sweetcorn, red onion, salmon and mayonnaise)Pear and apple  |
| **Dairy free Tea** | Dairy free cheese | Dairy free cheese | Diary free cheese | Dairy free soft cheese | As above |
| **Meat Free Tea** | As above | As above | Spicy lentil pea and sultana cous cous | As above | Mixed bean pasta salad  |

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The above menu may be subject to change due to availability of food.

Fresh fruit and drinking water is always available in all rooms every day.

**Summer Baby Menu - Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****6 months old+** |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** **4-6 months** | Potato, carrots and peasPeach | Potato and courgetteApple | Potato, carrot and cabbageFruit salad | Potato, leek and peasBanana | Potato and spinachPear |
| **Lunch****6-12 months** | Mixed bean , sweetcorn and red pepper pastaYoghurt | Sweet chilli chicken and ricePears and custard | Fisherman’s pieSummer fruit salad | Turkey meatballs in tomato sauce and pasta twirlsyoghurt | Quorn mince, potatoes and peasApple and custard |
| **Tea** **4-6 months** | Potato and parsnips | Potato and carrot | Broccoli, cauliflower and peas | Butternut squash and carrots | Potato, cauliflower and peppers |
| **Tea****6-12 months** | Butternut squash, chick pea and carrot soupBanana | Jacket potato with tuna mayonnaise Plum | Baked beans on wholemeal toastPear | Chicken supreme with riceMelon | Cheesy vegetables with chick peas Mango |

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The above menu may be subject to change due to availability of food.

Fresh fruit and drinking water is always available in all rooms everyday.

 **Summer Baby Menu - Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****6 months old+** |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** **4-6 months** | Potato, swede and peasMango | Potato and carrotBanana | Potato and BroccoliApple | Potato and green beansPear | Potato, sweet peppers and carrotsMelon |
| **Lunch****6-12 months** | Chicken curry with ricePeach and cream | Tuna pasta bakeSemolina | Pork and mushroom stroganoff with riceJelly | Roast chicken dinneryoghurt | Quorn mince cannelloniBanana and custard |
| **Tea** **4-6 months** | Butternut squash with broccoli | Potato, sweetcorn and peas | Potato and carrots | Potato, parsnip and swede | Butternut squash and courgettes |
| **Tea****6-12 months** | Cheesy beans with wholemeal toastPears | Vegetable and chick pea cous cousBanana | Vegetable and lentil pastamango | Chicken supreme and ricePlum | Pork casseroleMelon |

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Fresh fruit and drinking water is always available in all rooms everyday

**Summer Baby Menu - Week 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****6 months old+** |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** **4-6 months** | Potato and courgetteApple | Potato, swede and peasPineapple | Butternut squash and carrotBanana | Potato, leek and runner beanPears | Potato, pepper and green beansPeaches |
| **Lunch****6-12 months** | Macaroni cheeseStewed apple and custard | Chicken, vegetable, potatoes and gravyFruit jelly | Salmon and spinach pasta bakeFruit salad | Quorn mince cottage pie Yoghurt | Chicken in tomato sauce and brown ricepeaches |
| **Tea** **4-6 months** | Potato and carrot | Cauliflower and potato | Potato, peas and sweetcorn | Butternut squash with swede | Potato, carrots and turnip |
| **Tea****6-12 months** | Jacket potato with baked beansbananas |  Baked beans on wholemeal toastMango | Cheesy vegetables and lentilsMelon |  Cowboy pie Pear | Pasta Quorn bolognaiseApple  |

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**Summer Baby Menu - Week 4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****6 months old+** |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** **4-6 months** | Potato, peas and sweetcornPeaches | Potato, carrot and swedeApple | Potato, sweetcorn and courgetteBanana | Potato, leek and green beansPear | Butternut squash with broccoliMelon |
| **Lunch****6-12 months** | Tuna mornay and riceFruit Yoghurt | Beef goulash and pasta twistsApple and custard | Vegetable curry and chick peas and riceSemolina | Cheesy chicken and broccoli pastaBananas and custard | Cowboy pieFruit salad |
| **Tea** **4-6 months** | Potato and broccoli | Potato and swede | Potato, peas and cauliflower | Potato and carrot | Potato, pepper and courgette |
| **Tea****6-12 months** | Chicken casserolePeach | Baked beans on wholemeal toastbanana | Fish PiePear | Vegetable and lentil cous cousmango | Cheesy vegetables and chick peasMelon |

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Fresh fruit and drinking water is always available in all rooms everyday

**Summer Baby Menu - Week 5**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****6 months old+** |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** **4-6 months** | Potato, peas and carrotsPeach | Butternut squash, peppers and carrotApple | Potato and sweetcornFruit salad | Potato, carrot and swedeApple | Potato and broccoliPears |
| **Lunch****6-12 months** | Chicken a la king and riceyoghurt | Sausage, Vegetable and tomato pastaRice pudding | Cheese and Ham pizza with jacket potato and baked beansFruit Jelly | Pasta Quorn bolognaiseBananas and custard | Cod mornay, potatoes, peas and sweetcornStewed apple |
| **Tea** **4-6 months** | Potato, swede and peas | Potato and carrot | Potato and parsnip | Potato and broccoli | Potato and peas |
| **Tea****6-12 months** | Vegetable and lentil pastamango | Beans on wholemeal toastBanana |  Jacket potato and tuna mayonnaisePear | Pork casserolePlum | Vegetable and Quorn cous cousMelon  |

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The above menu may be subject to change due to availability of food.

Fresh fruit and drinking water is always available in all rooms everyday

**Summer Baby Menu - Week 6**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****6 months old+** |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterWholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |  Choice of Cereals Fruit platterwholemeal and White toastChoice of milk or water |
| **Lunch** **4-6 months** | Butternut squash, peas and carrotsPureed pineapple | Potato, carrot and sweetcornPear | Potato and broccoliApple | Potato, carrot and swedeFruit salad | Potato, peas and peppersBanana |
| **Lunch****6-12 months** | Chicken risottoPineapple puree | Ham and mushroom carbonara and spaghettiSummer berry cake and custard | Fisherman’s piesemolina | Roasted veg and Quorn mince lasagneyoghurt | Turkey meatballs in tomato sauce with brown riceBananas and chocolate sauce |
| **Tea** **4-6 months** | Potato, broccoli and carrots | Potato, peas and green beans | Potato and cabbage | Potato and cauliflower | Potato and carrot |
| **Tea****6-12 months** | Jacket potato and cheese and ham Peach | Tuna mornay and riceApple | Baked beans on wholemeal toast Pear | Cheesy vegetables with lentilsBanana | Pasta salad with salmonMelon  |

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