

Pre School SUMMER TERM MENU 2022

These weekly menus rotate throughout the summer term, including the Holiday Club weeks, which are highlighted in yellow.

Our kitchen uses seasonal, locally sourced ingredients.

GREEN indicates that a vegan option is available as mince or soya chunks.
 Indicates vegetarian option

	Week 1 18 Apr 2 May 16 May 30 May 13 Jun 7 Jun 11 July 25 July 8 Aug	Week 2 25 Apr 9 May 23 May 6 Jun 20 Jun 4 Jul 18 July 1 Aug 15 Aug
MONDAY	Morning snack: Organix Lunch: Caribbean chicken Mushroom curry  Steamed rice Minted peas Oaty cherry & apple crumble & custard Tea: Sweetcorn pitta pizza's, cucumber sticks and baked beans Natural yogurt & sauce	Morning snack: Breadsticks Lunch: Teriyaki beef Tortellini bake  Noodles Julienne carrots Banana & chocolate flapjack Tea: Orzo vegetable bake, garlic bread and Sweetcorn Fruit platter
TUESDAY	Morning snack: Rice cakes Lunch: Vegetable & tomato sauce with pasta Spinach cannelloni  Garlic bread Mixed vegetables Jelly & shortbread rounds Tea: Sweet & sour chicken , noodles and Peas/corn Rice pudding	Morning snack: Bread & butter triangles Lunch: Fajita chicken & pitta bread Roasted vegetables  Potato wedges Sweetcorn Toffee apple cake & custard Tea: Salmon fishcake , wholewheat spaghetti hoops and mixed vegetables Fromage frais
WEDNESDAY	Morning snack: Breadsticks & cheese Lunch: Savoury mince Butternut, veg & bean chilli  Couscous Diced carrots Chocolate toothpaste Tea: Cod fillet fish fingers , baked beans and seasoned potatoes Fruit platter	Morning snack: Rice cakes Lunch: Jacket potatoes Cheese & onion quiche  Baked beans/ Tuna mayonnaise Cheese / Sliced cucumber Mango & raspberry cheesecake Tea: Beef & vegetable stew with dumplings, petit pain and peas Bananas & custard
THURSDAY	Morning snack: Pitta & spread Lunch: Roast pork & gravy Cauliflower and broccoli mornay  Roast potatoes Broccoli florets Lemon swirl sponge & vanilla sauce Tea: Vegan sausage & bean casserole, potato puffs and green beans Strawberry whip	Morning snack: Crackers & cheese Lunch: Beef meatballs in veg & tomato sauce Vegetable moussaka  Pasta twists Green beans Beetroot cake & cream Tea: Mild chicken curry , naan bread, rice and diced carrots Fruit platter
FRIDAY	Morning snack: Crackers & cheese Lunch: Chicken fillet bites Stuffed peppers  Skin on fries/wedges Baked beans and/or peas Oat rounds Tea: Mince in Yorkshire pudding with cauliflower florets and diced swede Fruit platter	Morning snack: Marmite wheels Lunch: Baked sausages or Potato, red onion & cheese bake  Skin on fries/wedges Baked beans and/or peas Cornflake crunch biscuit Tea: Salmon scrambled eggs, plum tomatoes and toasted bagel Fromage frais

For all allergy advice please ask a member of the Catering team.