

PRE SCHOOL SUMMER TERM MENU 2023

These weekly menus rotate throughout the summer term, including the Annual 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 17 Apr 1 May 15 May 29 May 12 June 26 Jun 10 Jul 24 Jul 7 Aug	Week 2 24 Apr 8 May 22 May 5 Jun 19 June 3 July 17 Jul 31 Jul 14 Aug
MONDAY	Morning snack: Rice cakes Lunch: Moroccan chicken or Vegetable ratatouille ✓ Couscous Broccoli florets Chocolate sponge & chocolate sauce Tea: Cowboy hotpot, bread triangles & sweetcorn Fromage frais	Morning snack: Breadsticks Lunch: Sweet & sour pork Sweet chilli vegetables ✓ Noodles Fine green beans Date Krispy square Tea: Vegetable pasta bake, ✓ garlic bread & salad Fruit platter
TUESDAY	Morning snack: Pitta bread & spread Lunch: Savoury mince or Italian mushrooms ✓ Steamed rice Diced carrots Jelly & wafer Tea: Oven baked fish fingers, mashed potato & peas Fruit platter	Morning snack: Digestive biscuit Lunch: Mild chicken curry or Chickpea & spinach curry ✓ Steamed rice & naan bread Peas & corn Orange fudge cake & vanilla sauce Tea: Vegan' sausage' roll, baked beans & broccoli florets Banana yogurt whip
WEDNESDAY	Morning snack: Breadsticks & cheese Lunch: Roast gammon with gravy or Macaroni & sweetcorn bake Roast potatoes Fine green beans Strawberry cheesecake Tea: Chicken casserole, steamed rice and mixed vegetables Semolina	Morning snack: Apricot flapjack bite Lunch: Sausages & gravy Cheese & red onion slice ✓ Mashed potato Julienne carrots Ice cream & caramel sauce Tea: Cheese pitta pizza ✓ cucumber sticks & wholewheat spaghetti hoops Fruit platter
THURSDAY	Morning snack: Bread & butter triangles Lunch: Vegetable & tuna sauce with pasta or Roasted vegetable quiche ✓ Garlic bread Sweetcorn Toffee apple cake & custard Tea: Jacket potatoes, baked beans, cheese & lettuce/carrot salad ✓ Fruit platter	Morning snack: Crackers & cheese Lunch: Turkey Bolognaise or Vegetable & lentil 'shepherd's pie' ✓ Spaghetti Mixed vegetables Chocolate toothpaste Tea: Teriyaki pork, petit pain and fine green beans Fromage frais
FRIDAY	Morning snack: Crackers & cheese Lunch: Cheese & tomato wholemeal pizza Creamy spinach pasta bake ✓ Skin on fries/wedges Baked beans and/or peas Crunchy Anzac biscuit Tea: Chicken meatballs, pasta and diced carrots Natural yogurt & sauce	Morning snack: Marmite whirls Lunch: Oven baked fish in batter or Cannelloni ✓ Skin on fries/wedges Baked beans and/or peas Iced sprinkle cake Tea: Chilli con carne, steamed rice and mixed veg Fruit platter

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