

Spring - Summer Menu

Week 1

Breakfast	Special K Toast	Rice Krispies Toast	Weetabix Toast	Cornflakes Toast	Shreddies Toast
Lunch	Chicken and vegetable pie with green beans V: Quorn Chicken and vegetable pie	Pea & spring onion risotto with pitta bread	Tuna pasta bake with cheese & garlic bread V: Vegetable pasta bake	Cottage pie with broccoli & cauliflower V: Quorn mince cottage pie	Homemade turkey meatballs in tomato sauce with spaghetti V: Vegetarian Meatballs
	Greek Yogurt & sliced pears	Greek yogurt & apricot	Greek yogurt & peaches	Greek yogurt & prunes	Greek yogurt & strawberries
PM Snack	Watermelon wedges	Sliced apples	Humus & pitta bread	Cottage cheese and breadsticks	Cherry tomatoes
Tea	Beans on toast	Ham and cheese melt muffins V: Tomato & Cheese melts	Chicken sandwiches with sliced sweet peppers V: Cheese sandwich	Eat your greens pasta	Ham sandwiches & cucumber sticks V: Cream cheese
	Crackers & cream cheese	Carrot, coconut & pineapple muffins	Banana	Fresh fruit salad	Melon wedges

Week 2

Breakfast	Rice Krispies Toast	Weetabix Toast	Cornflakes Toast	Shreddies Toast	Special K Toast
Lunch	Salmon, pea & asparagus pasta bake V: Pea and asparagus pasta	Thai chicken curry with rice & broccoli V: Quorn chicken curry	Leek and onion tart with a light cream sauce & mash	Beany fish pie with cabbage & carrots V: Vegetable pie	Chicken Jambalaya V: Quorn chicken Jambalaya
	Greek yogurt & mandarins	Greek yogurt & peaches	Greek yogurt & stewed apple	Greek yogurt & banana	Greek yogurt & honeydew melon
PM Snack	Banana	Sultanas & cheese cubes	Oranges	Cheese & vegetable sticks	Sliced apple
Tea	Homemade sausage roll & vegetable sticks V: Vegetarian Roll	Ham sandwiches V: Grated Cheese sandwich	Cheese and tomato margarita muffin pizza	Spaghetti on toast	Tuna Mayo sandwiches with carrot sticks V: Cucumber sandwich
	Fruit skewers (strawberries, melon, pineapple)	Grapes	Homemade cherry scone	Pineapple fingers	Strawberries & grapes

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Week 3

Breakfast	Weetabix Toast	Cornflakes Toast	Shreddies Toast	Special K Toast	Rice Krispies Toast
Lunch	Penne bolognese with cheese & cucumber sticks <i>V: Quorn Mince Bolognese</i>	Sausage & red lentil casserole with mash <i>V: Vegetarian Sausage option</i>	BBQ Chicken, new potatoes & carrots <i>V: Quorn Chicken</i>	Chickpea & coconut curry with rice	Fish and pea cakes with egg noodles <i>V: Spring vegetable cakes</i>
	Greek yogurt & prunes	Greek yogurt & pears	Greek yogurt & mandarins	Greek yogurt & strawberries	Greek yogurt & mango
PM Snack	Oranges	Cottage cheese & breadsticks	Sliced peaches	Grapes	Cheese fingers & apple slices
Tea	Cheese & tomato on toast	Cauliflower cheese pots	Tuna and Mayonnaise sandwiches <i>V: Cucumber sandwich</i>	Cheesy crumpets	Egg mayonnaise sandwiches
	Banana	Watermelon wedges	Cream cheese with crackers	Slice of homemade tea loaf	Kiwi fingers

Week 4

Breakfast	Cornflakes Toast	Shreddies Toast	Special K Toast	Rice Krispies Toast	Weetabix Toast
Lunch	Beef lasagne with garlic bread <i>V: Vegetarian Lasagne</i>	Salmon & broccoli quiche, new potatoes & mange tout <i>V: Broccoli & Tomato Quiche</i>	Three bean chilli & rice with tortillas & soured cream	Chicken & sweetcorn pasta bake with broccoli <i>V: Vegetable Pasta Bake</i>	Vegetable moussaka with cabbage
	Greek yogurt & stewed apple	Greek yogurt & nectarine slices	Greek yogurt & pineapple	Greek yogurt & apricots	Greek yogurt & bananas
PM Snack	Pineapple fingers	Cucumber sticks	Melon wedges	Humus and pitta	Sliced nectarines
Tea	Chicken goujons with sweetcorn <i>V: Courgette Goujons</i>	Egg mayonnaise sandwiches	Fish fingers & posh peas <i>V; Vegetable Fingers</i>	Spring vegetable soup & bread	Chicken sandwiches <i>V: Grated cheese & pickle</i>
	Sultanas & apricots	Sliced apple & cheese cubes	Grapes & blueberries	Mango fingers	Shortbread biscuit & orange segments