



Spring and Summer Menu 2023

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies with organic whole milk and toast				
MORNING SNACK	A selection of fresh seasonal fruit, homemade blueberry mini pancakes or homemade cheese biscuits				
DINNER	Homemade shepherds pie served with broccoli and carrots	Spicy sausage with homemade ratatouille	Homemade ham and tomato quiche with new potatoes and salad	Homemade chicken curry, rice and homemade mini naan	Salmon and spinach pasta bake
VEGETARIAN DINNER	Homemade vegetarian shepherds pie served with broccoli and carrots	Vegetarian sausage with homemade ratatouille	Homemade pepper and tomato quiche with new potatoes and salad	Homemade red pepper and chickpea aloo with rice with homemade naan	
DESSERT	Natural yoghurt with fruit compote	Apple crumble and custard	A selection of seasonal fruit	Natural yoghurt with fruit compote	Homemade fruit flan with cream
TEA	Homemade pepperoni pizza slice served with carrot and cucumber sticks	Cream cheese bacon bruschetta with vegetable sticks	Homemade vegetable soup with homebaked chunky bread	Country vegetable frittata with baked beans	Homemade chunky bread and breadsticks served with homemade humous and a selection of vegetable sticks
VEGETARIAN TEA	Homemade mushroom pizza slice served with carrot and cucumber sticks	Cream cheese tomato bruschetta with vegetable sticks			
DESSERT	Homebaked coconut macaroon	Fruit	Homemade reduced sugar carrot cake	Homemade banana cake	Fruit