

Spring/Summer Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter
AM Snack	Breadsticks with dip	Corn on the cob	Oat cakes with guacamole	Carrot sticks and hummus	Seedy crackers
Lunch	Chef's Special Pasta	Canellini bean and courgette carbonara	Cod gratin with sweetcorn	Mexican chicken with rice, salad, and dips	Spinach and mushroom lasagne
Pudding	Yogurt	Watermelon	Satsuma	Natural fromage frais	Natural yogurt with peaches
PM Snack	Rice cakes with spread	Wholemeal roti with raita dip	Cucumber slices	Corn on the cob	Seeded crackers
Tea	Chef's special sandwiches	Pea soup with a cheese sandwich	Assorted filled rolls with potato salad	Cheese and spinach quiche with peas	Poached chicken with cous cous salad
Pudding	Seasonal Fruit				

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Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter
AM Snack	Crackers with spread	Breadsticks with guacamole	Bagel pieces with cheese spread	Fruit in season	Corn on the cob
Lunch	Chef's Special Pasta Bake	Tandoori chicken with rice, spinach, and yogurt	Quorn and vegetable stir-fry with noodles	Roasted vegetable parmigiana with wholemeal pasta	Chicken and cous cous salad
Pudding	Fruit in season	Seasonal fruit smoothie – fruit and natural yogurt	Natural yogurt with fruit coulis	Seasonal Berries	Natural fromage frais
PM Snack	Rice cakes with dip	Rice cakes with cheese and chive dip	Seeded breadsticks	Cheesy flat bread	Roti with lentil dip
Tea	Chef's Special soup with bread	Scrambled eggs with tomatoes and mushrooms	Poached trout with bean salad	Turkey salad in pitta	Crumpets with cream cheese and a tuna salad
Pudding	Seasonal fruit				

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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter
AM Snack	Breadsticks with dip	Oatcakes and bean dip	Tortilla chips with tomato salsa	Crackers and mashed avocado	Rice cakes with rainbow hummus
Lunch	Chef's Special summer cous cous	Vegetable Korma and rice	Chicken with leeks and crushed potatoes	Salmon and spinach pesto pasta	Red lentil and mushroom ragu with rice
Pudding	Natural yogurt	Greek yogurt with puree	Natural fromage frais with strawberry puree	Natural yogurt	Melon
PM Snack	Rice cakes with spread	Seeded crackers	Sliced cucumber with cheese	Rice cakes with spread	Melba toast with cheese
Tea	Chef's Special on Toast	Bagels with cream cheese and sweetcorn	Trout and vegetable Kedgerree with garlic bread	Broccoli and cheese quiche with peas	Scrambled eggs with beans and toast
Pudding	Seasonal fruit				

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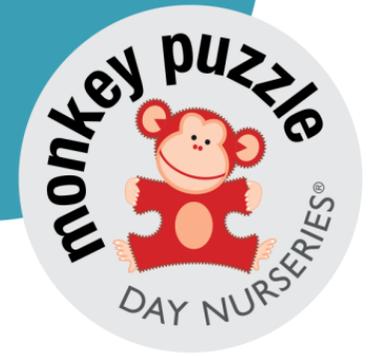
Spring/Summer Menu

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter	Selection of cereals, fruit, and wholemeal toast with butter
AM Snack	Crackers with spread	Rice cakes with smashed avocado	Breadsticks with dip	Seeded crackers	Breadsticks with sour cream dip
Lunch	Chef's Special Summer Lentil mix	Lamb and mushroom stroganoff with fettuccini	Chickpea, spinach and lentil curry with rice	Baked cod, vegetable and bean ratatouille	Cheese and mixed vegetable pie
Pudding	Yogurt	Frozen natural yogurt	Fruit salad	Natural yogurt with fruit compote	Watermelon
PM Snack	Breadsticks	Pineapple chunks with cheese	Corn on the cob	Carrot sticks with bean dip	Rice cakes with hummus
Tea	Chef's Special Soup	Jacket potatoes with tuna and sweet corn	Assorted sandwiches with corn tortilla chips and salad	Macaroni cheese with salad	Turkey and salad pitta pockets with corn on the cob
Pudding	Fruit in Season				

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