

SUMMER MENU 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Milk/ oatly (Gluten) /soya milk</b>	<b>Milk/ oatly (Gluten) /soya milk</b>	<b>Milk/ oatly (Gluten) /soya milk</b>	<b>Milk/ oatly (Gluten) /soya milk</b>	<b>Milk/ oatly (Gluten) /soya milk</b>
Starch	Rice pops or <b>cornflakes(gluten)</b>	Wholemeal <b>toast (gluten)</b> or Wholemeal English <b>Muffin (gluten)</b> Pure spread	<b>Crumpet (gluten)</b> or <b>bagel (gluten)</b> Pure spread	<b>Millet rice/wholemeal cereal or Weetabix (gluten)</b>	<b>Porridge (gluten) milk</b> or rice pops
Fruit	Dried fruit	banana	Dried Fruit	blue berries	Dried Fruit
Snack	Water or <b>Milk/ oatly (Gluten) /soya milk</b>	Water or <b>Milk/ oatly (Gluten) /soya milk</b>	Water or <b>Milk/ oatly (Gluten) /soya milk</b>	Water or <b>Milk/ oatly (Gluten) /soya milk</b>	Water or <b>Milk/ oatly (Gluten) /soya milk</b>
Starch	Corn cakes	Pitta Bread ( <b>Gluten</b> )	Bread sticks ( <b>Gluten</b> )	Rice cakes	Tea cakes ( <b>Gluten</b> )
fruit	Grapes	Apple	Banana	Orange	Pear
2+	Prep own fruit platter	Prep own fruit platter	Prep own fruit platter	Prep own fruit platter	Prep own fruit platter
Lunch	Water	Water	Water	Water	Water
dish	Macaroni Cheese topped quorn bake <b>V (Milk, Egg, Gluten)</b>	Mediterranean fish stew and salad	Borlotti bean stew <b>V</b>	Fish and Butter bean stew with coconut milk and pasta ( <b>Gluten</b> )	Chicken quorn ( <b>Egg</b> ) and chickpea curry Cucumber and tomato raita ( <b>Milk</b> ) <b>V</b>
Starch	Macaroni ( <b>Gluten</b> )	Potatoes	Potato	Pasta ( <b>Gluten</b> )	Brown rice
Protein	Quorn ( <b>Egg</b> )	Fish	Borlotti beans	Fish: Haddock and butter beans	Quorn ( <b>Egg</b> ) and chick peas
Vegetable	Carrots	Tomato	Tinned Tomato, Courgette	Broccoli	Cucumber
Vegetable	Cauliflower	Cucumber	Carrots, Aubergine	Green beans	Tomato
pudding	Yoghurt ( <b>Milk</b> )	Orange	Melon	Yoghurt ( <b>Milk</b> )	Grapes
Tea	Water	Water	Water	Water	Water
Dish	Jolloffe Rice with Tuna	Sandwiches ( <b>Gluten</b> ) with 3 fillings: <b>Egg</b> , tinned sardines, cream cheese ( <b>Milk</b> )	Noodle stir fry with Quorn ( <b>Gluten + Egg</b> )	Mexican wraps <b>V (Gluten)</b>	Scrambled Egg and beans on toast <b>V (Gluten + Egg)</b>
Starch	Rice	Wholemeal bread ( <b>Gluten</b> )	Noodle ( <b>Gluten</b> )	Wrap ( <b>Gluten</b> )	Wholemeal bread ( <b>Gluten</b> )
Protein	Tuna fish	Egg or Fish	Quorn ( <b>Egg</b> )	Bean filling	<b>Egg</b> and beans
Vegetable	Diced mixed vegetables	Cherry tomatoes + pepper strips + beetroot + avocado	Broccoli, carrots, sweetcorn and peas	Lettuce and tomato	tomato pasata
pudding	Melon	Yoghurt ( <b>Milk</b> )	Yoghurt ( <b>Milk</b> )	Apple	Yoghurt ( <b>Milk</b> )
Snack	Oat cakes ( <b>Gluten</b> )	Corn cakes	Oat cakes ( <b>Gluten</b> )	Corn cakes	Rice cakes
	Carrot and cucumber sticks	Carrot and cucumber sticks	Carrot and cucumber sticks	Carrot and cucumber sticks	Carrot and cucumber sticks