

SUMMER MENU 2

Week 2	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	<b>Millet rice/wholemeal cereal or Weetabix (gluten)</b>	Rice pops or cornflakes	Wholemeal toast or Wholemeal English Muffin	Porridge or rice pops	<b>Crumpet (gluten) or bagel (gluten)</b> Pure spread
Fruit	Dried fruit	blueberries	Dried fruit	banana	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	Rice cakes	Soda bread <b>(Gluten)</b> and pure spread	Breadsticks <b>(Gluten)</b> Humus <b>(sesame)</b>	English muffin <b>(Gluten)</b> and pure spread	Corn cakes
fruit	Plum	Mango	melon	Pineapple	Blue berries
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	Bean Goulash with potato <b>V</b>	Fish Curry with Rice and Raita <b>(Milk)</b>	Lentil Shepherds Pie <b>V</b>	Fried fish with homemade tomato sauce and brown rice with kidney beans	Broccoli or tomato and cheese Quiche with Potatoes and salad <b>V (Gluten, Egg, Milk)</b>
Starch	Potato	Brown Rice	Potato	Rice	Potato
Protein	Kidney, borlotti and cannellini beans	Fish	Lentil	Fish	<b>Egg</b>
Vegetable	Tinned tomato and onion	Tomato	Green Beans	Carrots	Broccoli and tomato
Vegetable	Squash	Cucumber	Courgettes	Peas	Lettuce and cucumber
Pudding	Yoghurt <b>(Milk)</b>	Grapes	Orange	Yoghurt <b>(Milk)</b>	Grapes
Tea	Water	Water	Water	Water	Water
Dish	Biriyani with diced vegetables and chicken Quorn <b>(Egg) V</b>	Scones, vegetable <b>V</b> or cheese <b>(Milk, Gluten)</b> With pure spread Butter bean dip and veg sticks	Wholemeal Pasta <b>(Gluten)</b> with tomato Tuna sauce and grated cheese <b>(Milk)</b>	Sandwiches <b>(Gluten)</b> with 3 fillings: <b>Egg</b> , tinned sardines, cream cheese <b>(Milk)</b>	Vegetable and Butter bean run down with rice <b>V</b>
Starch	Rice	Flour <b>(Gluten)</b>	Pasta <b>(Gluten)</b>	Wholemeal bread <b>(Gluten)</b>	Rice
Protein	Quorn <b>(Egg)</b>	Butter Bean	Tinned Tuna	Egg or Fish	Butter Beans
Vegetable	Carrots, broccoli and peas	Carrot and cucumber sticks	Tomato pasata Onion	Cherry tomatoes + pepper strips + beetroot + avocado	Squash, Aubergine, Cauliflower
Pudding	Banana	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	banana	Carrot and cucumber sticks	Carrot and cucumber sticks	Carrot and cucumber sticks