

## Week 1 - Summer

## Contains

MON	Paprika Pork with Rice. <b>Paprika Veg with Rice</b> Summer Fruit Crumble with Ice Cream Snack: Hummus with flatbread	     
TUES	Macaroni Cheese with Salad Rhubarb (or apple) Fool Snack: Ham/Egg and Cress Sandwiches	      
WED	Roast Chicken, Roast Potatoes, Carrots and Green Beans. <b>Quorn Chicken</b> Banana and Yogurt Snack: Cheese and Crackers	   
THURS	Tomato and Basil Soup with Crusty Bread Courgette Loaf Snack: Fruit Flapjack	    
FRI	Cheese and Potato Pie with Baked Beans Fruit Salad Snack: Summer Fruit Muffins	    

- ❖ Salads will vary between potato/rice/pasta, coleslaw or grated carrot
- ❖ Fruit and vegetables may change to reflect what is in season
- ❖ Vegetarian meals listed in green

NB: Our menus are prepared with reference to the Action for Children Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings in England published in 2017

