





























Week 4 - Summer

Contains

MON	Lemon Chicken with Pesto and Linguine. Quorn Chicken Plum Pudding Snack: Mini Potato and Spring Onion Quiches	    
TUES	Cauliflower, Carrot and Turmeric Soup with Crusty Bread Eve's Pudding with Custard Snack: Cheese Straws with Salsa Dip	      
WED	Sweet Potato, Chickpea and Spinach Curry with Rice and Naan Bread Rhubarb (or seasonal fruit) Pudding with Orange Sauce Snack: Ham/Cheese Sandwiches	       
THURS	Cauliflower and Broccoli Cheese with Roast Potatoes and Peas Lemon Biscuits with Yoghurt Snack: Beetroot/Roasted Red Pepper and Paprika Hummus with Breadsticks	     
FRI	Cottage Pie with Cabbage. Quorn Cottage Pie Courgette Loaf Snack: Toast and Jam	      

- ❖ 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

