

Week 1 – Summer

Contains

MON	<p>Paprika pork with rice. Paprika veg with rice</p> <p>Summer Fruit crumble with ice cream</p> <p>Snack: Banana loaf</p>	     
TUES	<p>Macaroni cheese with salad</p> <p>Watermelon slices</p> <p>Snack: assorted sandwiches</p>	      
WED	<p>Chicken, potatoes and salad. Quorn chicken</p> <p>Banana and yoghurt</p> <p>Snack: Nature Tea - a selection of pieces of cheese and ham and batons of vegetables such as carrots and celery, with homemade vegetable crisps.</p>	   
THURS	<p>Vegetable and pasta soup with crusty bread</p> <p>Courgette loaf</p> <p>Snack: Date slice</p>	     
FRI	<p>Cheese and potato pie with baked beans</p> <p>Fruit salad</p> <p>Snack: Carrot and courgette muffins</p>	    

- ❖ 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 planned with reference to the Action for Children Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings in England and the EYFS Nutrition Guidance.

