










Week 2 – Summer

Contains

MON	Lasagne, salad and garlic bread. Quorn lasagne Fruit salad Snack: Oat biscuits and yoghurt	   
TUES	Vegetable chilli with rice Summer fruit cheesecake Snack: assorted sandwiches	      
WED	Salmon pie with peas and sweetcorn Citrus pudding Snack: Fruit scones	      
THURS	Chickpea and lentil dahl with rice and naan bread Watermelon slices Snack: Carrot and courgette muffins or beetroot and sultana muffins	     
FRI	Bean and vegetable pie Summer fruit crumble with cream Snack: Banana bread	     

- ❖ 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.

