



## Week 3 – Summer

## Contains

MON	Pasta bolognaise with garlic bread and salad. <b>Quorn bolognaise</b> Rice pudding Snack: Apple, shortbread and cheese	   
TUES	Roast chicken, roast potatoes with cabbage and carrots Fruit salad Snack: Rice cakes and tuna pate and/or tzatziki	 
WED	Summer Vegetable soup with crusty bread Plum pudding Snack: Pizza fingers	      
THURS	Mixed bean chilli with rice Stewed apple and custard Snack: Tuna/cheese sandwiches	    
FRI	Salmon and broccoli bake with salad Vanilla cheesecake Snack: Nature Tea - a selection of pieces of cheese and ham and batons of vegetables such as carrots and celery, with homemade vegetable crisps.	      

- ❖ 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.

