


Week 4 – Summer

Contains

MON	Lemon chicken with pesto and linguine. Quorn chicken Plum pudding Snack: Rice cakes and tuna pate and/or tzatziki	    
TUES	Summer minestrone soup with crusty bread Eve's pudding Snack: Cheese scones	     
WED	Sweet potato, chickpea and spinach curry with rice and naan bread Fruit fool Snack: Ham/chicken/cheese sandwiches	        
THURS	Cauliflower and broccoli cheese with roast potatoes and peas Banana and yoghurt Snack: Falafel, hummus and vegetable batons	     
FRI	Cottage pie with cabbage. Vegetarian cottage pie Fruit salad Snack: Homemade bread and jam or Marmite	    

- ❖ 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.

