



SPRING/SUMMER MENUS 2020

WEEK 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	CEREALS OR TOAST Served with: Milk or water	CEREALS OR TOAST Served with: Milk or water	CEREALS OR TOAST Served with: Milk or water	CEREALS OR TOAST Served with: Milk or water	CEREALS OR TOAST Served with: Milk or water
Snack	PINEAPPLE	VEGETABLE STICKS	ORANGE	VEGETABLE STICKS	WATERMELON
Lunch	Lentil curry with rice and vegetables	Roast potatoes with chicken and vegetable V: roast potatoes with quorn and vegetables	Rice with chickpea korma and vegetables <i>Allergens: G,W</i>	Spaghetti with lamb meatballs and salad V: Spaghetti with vegetable burger and salad <i>Allergens: M, G</i>	Salmon with baby potatoes and sweetcorn V: Cauliflower cheese with baby potatoes <i>Allergens: F,G,W</i>
Dessert	Semolina	Fruit salad	Banana ice cream	Fruit yoghurt	Jelly
Snack	RICE CAKES WITH CREAM CHEESE	CHERRY TOMATOES AND BREAD STICKS	RICE CAKES	FRUIT SALAD	DIGESTIVE BISCUITS
Tea	Sweet potato and lentil fritters <i>Allergens: E, F</i>	Chicken wrap with vegetables <i>Allergens: G,W</i>	Vegetable soup <i>Allergens: E, M, W</i>	Bagels and cram cheese	Potato croquettes and vegetable sticks <i>Allergens: G,S,W</i>

ALLERGENS

