

SUMMER MENU 2021

April, May, June, July, August & September

Dietary Requirements are available on all meals. Fresh Fruit, Natural Yoghurt & Honey are offered/available every meal time.
Very young children may have alternative Tea on occasions.

BREAKFAST

Choice of cereals - Wheatabix, Malted Wheat, Rice Crispies, Cheerios, Instant Oats, Cornflakes. Eggs - Scrambled or Poached. Natural Yoghurt & Honey. Wholemeal Toast - Marmite, Dairylea, Honey or Jam. Fresh Fruit. Milk - Hot or Cold. Orange Juice (diluted) or Water.

DAY	AM SNACK	HOT LUNCH	DESSERT	PM SNACK	TEA	DESSERT
DAY 1	Oatcake, Peach & Cucumber ALLERGENS: OATS	<u>Mild Vegetable Curry, Boiled Rice & Naan Bread</u> INGREDIENTS: rice, broccoli, cauliflower, butternut squash, mushrooms, peppers, green beans, carrots, onion, peas & sweetcorn, coconut milk, korma paste, ALLERGENS: WHEAT, MILK (may -sesame)	Apple Crumble & Custard ALLERGENS: WHEAT, MILK	Crumpet, Sugar Snap & Plums ALLERGENS: WHEAT (may - egg, milk, soya)	<u>Bangers, Beans & Wedges</u> INGREDIENTS: as above ALLERGENS: WHEAT, SULPHITE	Fruit Yoghurt ALLERGENS: MILK
DAY 2	Fruit Bread, Mange Tout & Mango ALLERGENS: WHEAT, SOYA	<u>Roast Beef, York Pud, Roasties, Sprouts, Carrot, Swede & Gravy</u> INGREDIENTS: as above ALLERGENS: MILK, WHEAT, EGG, SOYA	Red Fruit Salad INGREDIENTS: strawberries, raspberries, watermelon, red grapes ALLERGENS: NONE	Crackers, Dairylea & Melon ALLERGENS: WHEAT, MILK	<u>Summer Ploughman Salad</u> INGREDIENTS: cheese, ham, savoury eggs, pork pie, tomato, cucumber, apple, celery, lettuce, coleslaw, pickle, crusty bread ALLERGENS: WHEAT, MILK, EGG, CELERY, BARLEY	Fresh Banana Delight ALLERGENS: MILK
DAY 3	Breadstick, Humus & Strawberries ALLERGENS: WHEAT, BARLEY (may contain - milk, sesame, soya)	<u>Cheese, Bacon & Leek Pasta with Broccoli</u> INGREDIENTS: as above ALLERGENS: WHEAT, MILK	Chocolate Crispie Cake INGREDIENTS: rice crispies, milk chocolate ALLERGENS: MILK	Potato Cake, Red Pepper & Orange ALLERGENS: WHEAT	<u>Savoury Beef Jackets</u> INGREDIENTS: potatoes, mince beef, onions, carrots, peas, tinned tomatoes, stock cube, tomato puree, flour ALLERGENS: WHEAT	Summer Fruit Semolina INGREDIENTS: strawberries, raspberries, blackberries, red currents, blackcurrants, blueberries ALLERGENS: MILK, WHEAT
DAY 4	Wholemeal Pasta, Nectarines & Kiwi ALLERGENS: WHEAT	<u>Spanish Chicken, Jewelled Cous Cous & Broccoli</u> INGREDIENTS: chicken, tomatoes & puree, cous cous, peppers, pomegranate, sultanas, broccoli ALLERGENS: WHEAT	Fresh Mango Blancmange ALLERGENS: MILK (may contain - wheat)	Cheddars, Cheese Cube & Apple ALLERGENS: WHEAT, MILK, BARLEY (may contain - sesame)	<u>Assorted Sandwich Buffet</u> INGREDIENTS: wholemeal bread, dairy free spread, ham, dairylea, cucumber, tomato, carrot sticks, crisps, sultanas ALLERGENS: WHEAT, SOYA, MILK	Mandarins & Ice-Cream ALLERGENS: MILK
DAY 5	Crackers, Dairylea & Melon ALLERGENS: WHEAT, MILK	<u>Cod Mornay, Croquettes, Mixed Vegetables & Roasted Tomatoes</u> INGREDIENTS: cod, cheese, milk, flour, carrots, peas, sweetcorn, tomatoes ALLERGENS: FISH, WHEAT, EGG, MILK, SOYA	Warm Apricot Rice Pudding ALLERGENS: MILK	Digestive, Pineapple & Celery ALLERGENS: WHEAT, MILK (may contain - nuts)	<u>Homemade Soup & Wholemeal Roll</u> INGREDIENTS: carrots, swede, parsnip, onions, celery, veg stock, tomatoes, passata, bread roll ALLERGENS: WHEAT, CELERY, MILK	Fruit Cocktail INGREDIENTS: peaches, pears, pineapple, grapes, cherries ALLERGENS: MILK

DAY	AM SNACK	HOT LUNCH	DESSERT	PM SNACK	TEA	DESSERT
DAY 6	Pitta, Pear & Red Pepper ALLERGENS: WHEAT (may contain - egg, milk, soya)	<u>Sweet & Sour Pork, Brown Rice & Green Beans</u> INGREDIENTS: pork, pineapple, onions, peppers, sweet & sour sauce, brown rice, green beans ALLERGENS: BARLEY	Raspberry Cheesecake ALLERGENS: WHEAT, MILK	Oatcake, Peach & Cucumber ALLERGENS: OATS	<u>Pizza Party, Coleslaw Crudities & Humus</u> INGREDIENTS: assorted pizza's, coleslaw, peppers, carrots, Cucumber, Celery, mayonnaise, humus ALLERGENS: WHEAT, MILK, EGGS	Banana Sundae INGREDIENTS: banana, ice-cream, toffee sauce, wafer ALLERGENS: MILK, WHEAT
DAY 7	Rice Cake, Tomato, Banana ALLERGENS: NONE (may - soya)	<u>Quorn Sausage Casserole, Baby Potatoes & Spring Cabbage</u> INGREDIENTS: quorn sausages, onion, carrots, sweet potato, squash, kale, parsley, tomatoes, onion gravy, potato, cabbage ALLERGENS: WHEAT, MILK, EGG, METABISULPHATE	Sunshine Cocktail INGREDIENTS: pineapple, peaches, nectarines, mandarins ALLERGENS: NONE	Fruit Bread, Mange Tout & Blueberries ALLERGENS: WHEAT, SOYA	Mild Chilli Cheesy Nacho's INGREDIENTS: mince beef, onions, peppers, mushrooms, kidney beans, mild chilli powder, tinned tomatoes & puree, beef stock cube, nachos & grated cheese ALLERGENS: MAIZE, MILK	Fruit Yoghurt ALLERGENS: MILK
DAY 8	Crumpet, Sugar Snap & Plums ALLERGENS: WHEAT (may - egg, milk, soya)	<u>Bolognese Pasta Bake & Cucumber Salad</u> INGREDIENTS: pasta, minced beef, onions, carrots, celery, tinned tomatoes, tomato puree, cheese sauce, cucumber. ALLERGENS: WHEAT, MILK, SOYA, CELERY	Bananas & Custard ALLERGENS: MILK	Breadstick, Humus & Strawberries ALLERGENS: WHEAT, BARLEY(may contain - milk, sesame, soya)	<u>Fish Fingers, Peas & Waffles</u> INGREDIENTS: as above ALLERGENS: FISH, WHEAT, MILK, EGG	Melon Cocktail INGREDIENTS: honeydew, watermelon, canteloupe ALLERGENS: NONE
DAY 9	Potato Cake, Red Pepper & Oranges ALLERGENS: WHEAT	<u>Warm Quiche, Saute Potatoes, Coleslaw & Salad</u> INGREDIENTS: cheese & onion quiche, potatoes, mixed lettuce, tomatoes, cucumber, sweetcorn, cabbage, carrots, mayonnaise. ALLERGENS: WHEAT, EGG, MILK	Green Fruit Salad INGREDIENTS: melon, kiwi, green grapes ALLERGENS: NONE	Wholemeal Pasta, Kiwi & Nectarines ALLERGENS: WHEAT	<u>Fruity Butter Chicken Curry & Rice</u> INGREDIENTS: chicken, pineapple, sultanas, dried apricots, onions, peppers, butter chicken sauce, rice ALLERGENS: MILK	Oatmeal & Raisin Cookie ALLERGENS: OATS, MILK, WHEAT
DAY 10	Cheddars, Cheese Cube & Apple ALLERGENS: WHEAT, MILK, BARLEY(may contain - sesame)	<u>Beef Goulash & Herby Dumplings Cous Cous & Broad Beans</u> INGREDIENTS: beef, carrots, onions, paprika, peppers, tomatoes, tomato puree, stock, vegetable suet, flour, mixed herbs, cous cous, broad beans ALLERGENS: WHEAT, MILK,	Strawberry Sundae INGREDIENTS: strawberries, ice-cream, wafer & sprinkles ALLERGENS: MILK	Rice Cake, Tomato, Banana ALLERGENS: NONE (may - soya)	<u>Scrambled Egg & Ham Toasted Muffins</u> INGREDIENTS: as above ALLERGENS: WHEAT, EGGS, MILK	Rice Pudding ALLERGENS: MILK
DAY 11	Digestive, Pineapple & Celery ALLERGENS: WHEAT, MILK (may contain - nuts)	<u>Fish Cake, Root Veg Mash & Mixed Vegetables</u> INGREDIENTS: fishcakes, carrot, swede, potato, carrots, peas, sweetcorn, green beans ALLERGENS: WHEAT, MILK, FISH	Lemon Meringue Pie ALLERGENS: MILK, EGGS, WHEAT (may contain - nuts)	Pitta, Pear & Red Pepper ALLERGENS: WHEAT (may contain - egg, milk, soya)	<u>Ratatouille Pasta Bake</u> INGREDIENTS: pasta, courgettes, aubergine, peppers, onions, passata, grated cheese ALLERGENS: WHEAT, MILK	Ice-Cream Roll INGREDIENTS: sponge, vanilla ice-cream, jam ALLERGENS: WHEAT, MILK, EGGS, SOYA

After School Club Snacks

Fruit Bowl, Rice Cakes, Oat Cakes, Breadsticks, Cheddars, Digestives, Crackers, Dairylea, Marmite, Jam, Sultanas, Cheese Cubes, Carrot Sticks, Cucumber Sticks,

