

Menu: Spring-Summer

Week 1

Breakfast: We provide carefully selected cereals with no added sugar or artificial colours with dairy or plant-based milk. In addition, children are offered porridge, toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	Mid-morning snack Always served with a choice of water, dairy milk or plant-based milk	Baby, Toddler & Preschool Lunch Served with water. Fresh fruit is served mid-afternoon.	Toddler & Preschool Tea Always served with a choice of water, dairy milk or plant-based milk	Babies tea Always served with a choice of water, dairy milk or plant-based milk
Monday	Sardine pate on toast slices (or dairy/non dairy spread)*	Mac and cauliflower cheese with peas and broccoli*	Grated root vegetables and fruit slaw and dairy/non-dairy cheese and spinach in half pittas*	Root vegetable and dairy/non-dairy cheese smash, pureed, mashed or whole, with fruit and vegetable slaw and pitta fingers
Tuesday	Seed butter and apple slices*	Summer vegetable stew served with mashed sweet potatoes and paprika*	Sandwiches: cream dairy/non-dairy cheese and cucumber, hummus or skipjack tuna with vegetable sticks and leafy green salad	Mackerel and potato hash, pureed, mashed or whole, with cucumber sticks and mini sandwich fingers
Wednesday	Pea hummus with veggie sticks*	Poached white fish (or butterbeans) with garlic smashed new potatoes*	Pizza dippers with vegetable sticks and leafy green salad*	Mediterranean vegetable stew, pureed, mashed or whole, with pizza dippers*
Thursday	Crackers and soft dairy/non-dairy cheese with cucumber slices	Mediterranean chicken (or chickpea) vegetable couscous served raisins chickpeas with summer salad*	Hummus pasta with vegetable sticks and leafy green salad*	Hummus pasta, pureed, mashed or whole, with vegetable sticks
Friday	Crumpets and apple slices	Curried fried rice with scrambled tofu (or peas) and seasonal vegetables*	Minestrone soup served with wholemeal bread*	Minestrone soup, pureed mashed or whole, served with wholemeal bread

() are to account for vegetarian, vegan and soya free requirements*

Menu: Spring-Summer Week 2

Breakfast: We provide carefully selected cereals with no added sugar or artificial colours with dairy or plant-based milk. In addition, children are offered porridge, toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	Mid-morning snack Always served with a choice of water, dairy milk or plant-based milk	Baby, Toddler & Preschool Lunch Served with water. Fresh fruit is served mid-afternoon.	Toddler & Preschool Tea Always served with a choice of water, dairy milk or plant-based milk	Babies tea Always served with a choice of water, dairy milk or plant-based milk
Monday	Breadsticks and cucumber slices	Salmon kedgeree (or chickpeas) served with summer vegetables* (Salmon from sustainable stock)	Superfood pasta salad made with the children's home-grown sprouting seeds*	Superfood pasta salad, pureed, mashed or whole, served with the children's home-grown sprouting seeds
Tuesday	Crackers and soft dairy/non-dairy cheese with grated carrot	Dairy/non-dairy cheese and vegetable pie, served with new potatoes and salad*	Mexican pinto bean soup with wholemeal bread*	Thick Mexican pinto bean soup, pureed, mashed or whole, with wholemeal bread
Wednesday	Dairy/non-dairy plain yoghurt and prunes	Lemon broccoli pasta served with chicken (or mixed beans)*	Sandwiches: cream dairy/non-dairy cheese and cucumber, hummus or skipjack tuna with vegetable sticks and leafy green salad	Thick pea and mint soup with cucumber sticks and mini sandwich fingers*
Thursday	Beetroot hummus and pitta*	Pineapple fried rice with fine green beans*	Sardine pate on crackers, dairy/non-dairy cheese, leafy green salad and vegetable sticks*	Sardine and potato hash with vegetable sticks
Friday	Dairy/non-dairy cheese toast slices with vegetable sticks	Lentil bolognese and spaghetti with seasonal vegetables	Pizza dippers with vegetable sticks and leafy green salad*	Butterbean mash with vegetable sticks and pizza dippers*

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Menu: Spring-Summer Week 3

Breakfast: We provide carefully selected cereals with no added sugar or artificial colours with dairy or plant-based milk. In addition, children are offered porridge, toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	Mid-morning snack Always served with a choice of water, dairy milk or plant-based milk	Baby, Toddler & Preschool Lunch Served with water. Fresh fruit is served mid-afternoon.	Toddler & Preschool Tea Always served with a choice of water, dairy milk or plant-based milk	Babies tea Always served with a choice of water, dairy milk or plant-based milk
Monday	Toasted fruit bread with spread	Vegetable moussaka served with garlic bread*	Jacket potatoes and low sugar baked beans with vegetable sticks and leafy green salad	Dairy/non-dairy cheese smash with low sugar baked beans and leafy green salad
Tuesday	Breadsticks and carrots with hummus	Sweet 'n' sour chicken and chickpeas (or just chickpeas), served with rice and seasonal vegetables*	Pizza dippers with vegetable sticks and leafy green salad*	Thick tomato and red lentil soup with pizza dippers, vegetable sticks and leafy green salad*
Wednesday	Sardine pate on toast slices (or dairy/non dairy spread)*	Poke bowl with sticky rice, tofu (or butterbeans), green peas and juicy mango*	Pesto (basil, spinach and pumpkin seeds) pasta salad with leafy greens and vegetable sticks*	Pesto pasta, pureed, mashed or whole, with vegetable sticks
Thursday	English muffins with sliced pears	Vegetable and pollock (or mixed beans) paella*	Pea and mint soup with cucumber sticks and wholemeal bread*	Thick pea and mint soup with cucumber sticks and mini sandwich fingers
Friday	Homemade plain dairy/non-dairy yoghurt and fruit pops*	Lentil, potato and spinach curry with couscous*	Sandwiches: cream dairy/non-dairy cheese and cucumber, hummus or skipjack tuna with vegetable sticks and leafy green salad	Ratatouille, pureed, mashed or whole, with mini sandwiches and vegetable sticks*

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