

## Summer Menu

	SNACK 10am	Lunch	SNACK 2pm	Hi-Tea
<b>Day 1</b>	Milk or water  Breadsticks & hummus	Beef Bolognese with Pasta twirls √ Quorn Bolognese with Pasta twirls Pudding: Fromage Frais Drink: Water  <i>2 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Wholemeal sandwiches filled with cheese, jam or ham served with a selection of salad Pudding: Gingerbread cake Drink: Water  <i>2 of your 5 a day</i>
<b>Day 2</b>	Milk or water  Rice cakes	Tuna Pasta Bake √ vegetable pasta bake Pudding: Cornflake cake Drink: Water  <i>2 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	100% Pork Hot Dogs √ Quorn dogs Pudding: Selection of Fresh Fruit Drink: Water  <i>2 of your 5 a day</i>
<b>Day 3</b>	Milk or water  Raisins  <i>1 of your 5 a day</i>	Lentil and vegetable chili with rice  Pudding: Fruit jelly Drink: Water  <i>1 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Chicken & sweetcorn muffin melts served with carrot batons & tomato √ Quorn & sweetcorn muffin melts served with carrot batons & tomato Pudding: Fresh fruit platter Drink: Water  <i>3 of your 5 a day</i>
<b>Day 4</b>	Milk or water  Breadsticks	Summer chicken casserole served with new potatoes √ Quorn tofu casserole served with rice Pudding: Fromage Frais Drink: Water  <i>2 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Ham & Pineapple pastry slice served with mixed salad √ Quorn & Pineapple pastry slice served with mixed salad Pudding: Ice lolly Drink: Water  <i>3 of your 5 a day</i>
<b>Day 5</b>	Milk or water  Biscuit	Ham and cheese Carbonara √ cheesy pasta Pudding: Fresh fruit platter Drink: Water  <i>3 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Mini jacket potato with tuna mayo √ Mini jacket potato with cheese Pudding: Fromage frais Drink: Water
<b>Day 6</b>	Milk or water  Fruit loaf	Salmon & Smoked haddock bake served with broccoli √ Quorn bake served with broccoli Pudding: Ice cream Drink: Water  <i>1 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Rainbow pasta Pudding: Apples & Oranges Drink: Water  <i>3 of your 5 a day</i>
<b>Day 7</b>	Milk or water  Apples  <i>1 of your 5 a day</i>	Chicken served with cous cous √ Tofu served with cous cous Pudding: Banana & blueberries Drink: Water  <i>2 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Ham, Cheese & salad pitta pockets √ Cheese & salad pitta pockets Pudding: Lemon drizzle cake Drink: Water  <i>1 of your 5 a day</i>
<b>Day 8</b>	Milk or water  Oranges  <i>1 of your 5 a day</i>	Tomato and herb cheese pasta served with salad and garlic bread Pudding: Fromage frais Drink: Water  <i>2 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Tuna & salad wraps √ Quorn & salad wraps Pudding: Fresh fruit platter Water  <i>2 of your 5 a day</i>
<b>Day 9</b>	Milk or water  Rice cakes	Chicken Paella √ Tofu Paella Pudding: Fruit flan Drink: Water  <i>2 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Macaroni cheese Pudding: fromage frais Drink: water
<b>Day 10</b>	Milk or water  Crackers & cheese	Courgette, cauliflower & broccoli pasta in a tomato sauce served with cheese topped garlic bread Pudding: Homemade oat flapjacks Drink: Water  <i>3 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Cheese & tomato pizza served with carrot & cucumber batons Pudding: Cookie Drink: Water  <i>1 of your 5 a day</i>
<b>Day 11</b>	Milk or water  Raisins  <i>1 of your 5 a day</i>	Ratatouille & mozzarella served with cous cous Pudding: Fresh fruit platter Drink: Water  <i>2 of your 5 a day</i>	Milk or water  Fresh fruit  <i>1 of your 5 a day</i>	Ham & cheese toastie served with salad √ Cheese taotie served with salad Pudding: Fromage frais Drink: Water