

Sample Summer Menu

	Breakfast	Snack	Lunch	Snack	Tea
Monday	Choice of cereals or Toast	Pitta bread and cream cheese	Chilli and potato wedges (grated cheese) Apple and raspberry muffins	Pineapple and grapes	Tuna and pasta salad Honey yoghurt and banana
Tuesday	Choice of cereals or Toast	Apple and orange	Lasagne, garlic bread Lemon curd and yoghurt fool	Carrot and celery sticks with Houmous	Chicken and vegetable couscous salad Flapjack
Wednesday	Choice of cereals or Toast	Melon and grapes	Cowboy hotpot Cheesecake	Pear and plums	Cheese and tomato sandwiches Ginger biscuits
Thursday	Choice of cereals or Toast	Banana and satsuma	Chicken and mushroom pie, seasonal vegetables Poached fruit + Ice cream	Cucumber and Cherry tomatoes	Sardines on toast Choc chip and cinnamon cupcake
Friday	Choice of cereals or Toast	Crackers and cheese	Creamy salmon pasta Blueberry oat muffin	Kiwi and apple	Ham and mushroom pizza Fruit yoghurt fool

*Fruit for snack = Seasonal fruit