

SUMMER MENU WEEK 4



Week Four	Snack	Lunch	Tea	Pudding
Monday Fresh Fruit or Cereal	Milk and Fruit	Homemade savoury rice, baby burgers with salad (<i>Quorn burgers</i>) mango and pineapple wedges	Tuna and onion tart with grated carrots	cookies
Tuesday Fresh Fruit or Cereal	Milk and Fruit	Salmon in white sauce with new potatoes and broccoli Cherry flapjacks	Marmite and cream cheese crumpets cucumber and tomatoes	banana bread
Wednesday Fresh Fruit or Cereal	Milk and Fruit	Ham and mushroom tagliatelle with sweetcorn (<i>mushroom tagliatelle</i>) fresh berries in natural yogurt	Chicken couscous with mixed peppers (<i>vegetable couscous</i>)	Blueberry muffins
Thursday Fresh Fruit or Cereal	Milk and Fruit	Courgette and spinach gratin with salad Frozen yogurt ice-cream	Ham and cheese sandwiches cucumber wedges	Melon selection
Friday Fresh Fruit or Cereal	Milk and Fruit	Roast chicken, roast potatoes cabbage and gravy (<i>quorn burger</i>) Yoghurt	Cheesy potatoes and baked beans	Banana and custard scrunch

