

# SUMMER MENU 2020

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, Dairy-leaf, Honey or Jam. Fresh Fruit. Milk - Hot or Cold. Orange Juice (diluted) or Water.

DAY	AM SNACK	HOT LUNCH	DESSERT	PM SNACK	TEA	DESSERT
<b><u>DAY 1</u></b> APR- 1 <sup>st</sup> , 16 <sup>th</sup> MAY- 1 <sup>st</sup> , 18 <sup>th</sup> JUN- 2 <sup>nd</sup> , 17 <sup>th</sup> JULY- 2 <sup>nd</sup> , 17 <sup>th</sup> AUG- 3 <sup>rd</sup> , 18 <sup>th</sup> SEP- 2 <sup>nd</sup> , 17 <sup>th</sup>	Oatcake, Pear & Red Pepper  ALLERGENS: OATS	<b><u>Mild Vegetable Curry, Boiled Rice &amp; Naan Bread</u></b>  INGREDIENTS: rice, broccoli, cauliflower, butternut squash, mushrooms, peppers, green beans, carrots, onion, peas & sweetcorn, coconut milk, korma paste, ALLERGENS: WHEAT, MILK (may -sesame)	<b>Strawberries &amp; Ice-Cream</b>  ALLERGENS: MILK	Pitta, Cucumber & Blueberries  ALLERGENS: WHEAT (may contain - egg, milk, soya)	<b><u>Bangers, Beans &amp; Wedges</u></b>  INGREDIENTS: as above ALLERGENS: WHEAT, SULPHITE	<b>Fruit Yoghurt</b>  ALLERGENS: MILK
<b><u>DAY 2</u></b> APR - 2 <sup>nd</sup> , 17 <sup>th</sup> MAY - 4 <sup>th</sup> , 19 <sup>th</sup> JUN - 3 <sup>rd</sup> , 18 <sup>th</sup> JULY - 3 <sup>rd</sup> , 20 <sup>th</sup> AUG - 4 <sup>th</sup> , 19 <sup>th</sup> SEP - 3 <sup>rd</sup> , 18 <sup>th</sup>	Rice Cake, Tomato & Banana  ALLERGENS: NONE (may contain- soya)	<b><u>Roast Beef, York Pud, Roasties, Sprouts, Carrot, Swede &amp; Gravy</u></b>  INGREDIENTS: as above ALLERGENS: MILK, WHEAT, EGG, SOYA	<b>Mixed Melon Cocktail</b>  ALLERGENS: NONE	Crumpet, Sugar Snap & Peaches  ALLERGENS: WHEAT (may - egg, milk, soya)	<b><u>Assorted Sandwich Buffet</u></b>  INGREDIENTS: wholemeal bread, dairy free spread, ham, dairy-leaf, cucumber, tomato & carrot sticks ALLERGENS: WHEAT, SOYA, MILK	<b>Flapjack</b>  ALLERGENS: OATS, MILK (may contain - nuts)
<b><u>DAY 3</u></b> APR - 3 <sup>rd</sup> , 20 <sup>th</sup> MAY - 5 <sup>th</sup> , 20 <sup>th</sup> JUN - 4 <sup>th</sup> , 19 <sup>th</sup> JULY - 6 <sup>th</sup> , 21 <sup>st</sup> AUG - 5 <sup>th</sup> , 20 <sup>th</sup> SEP - 4 <sup>th</sup> , 21 <sup>st</sup>	Wholemeal Pasta, Plums & Nectarines  ALLERGENS: WHEAT	<b><u>Cod Mornay, Croquettes, Mixed Vegetables &amp; Roasted Tomatoes</u></b>  INGREDIENTS: cod, cheese, milk, flour, carrots, peas, sweetcorn, tomatoes ALLERGENS: FISH, WHEAT, EGG, MILK, SOYA	<b>Apricot Rice Pudding</b>  ALLERGENS: MILK	Digestive, Pineapple & Celery  ALLERGENS: WHEAT, MILK (may contain - nuts)	<b><u>Ratatouille Bow Pasta</u></b>  INGREDIENTS: pasta, courgettes, aubergine, peppers, passata, grated cheese ALLERGENS: WHEAT, MILK	<b>Raspberry Mousse</b>  ALLERGENS: MILK
<b><u>DAY 4</u></b> APR - 6 <sup>th</sup> , 21 <sup>st</sup> MAY - 6 <sup>th</sup> , 21 <sup>st</sup> JUN - 5 <sup>th</sup> , 22 <sup>nd</sup> JULY - 7 <sup>th</sup> , 22 <sup>nd</sup> AUG - 6 <sup>th</sup> , 21 <sup>st</sup> SEP - 7 <sup>th</sup> , 22 <sup>nd</sup>	Breadstick, Humus & Strawberries  ALLERGENS: WHEAT, BARLEY (may contain - milk, sesame, soya)	<b><u>Fruity Chicken Tagine, Jewelled Cous Cous &amp; Broccoli</u></b>  INGREDIENTS: chicken, dried apricots, onions, tomatoes, chickpeas, cous cous, pomegranate, sultanas, tagine pasta, broccoli ALLERGENS: WHEAT, METABISULPHITE	<b>Mandarin Jelly</b>  ALLERGENS: NONE	Potato Cake, Mange Tout & Green Grapes  ALLERGENS: WHEAT	<b><u>Homemade Soup &amp; Wholemeal Roll</u></b>  INGREDIENTS: carrots, swede, parsnip, onions, celery, stock, tomatoes, pasta ALLERGENS: WHEAT,	<b>Bananas &amp; Custard</b>  ALLERGENS: MILK
<b><u>DAY 5</u></b> APR - 7 <sup>th</sup> , 22 <sup>nd</sup> MAY - 7 <sup>th</sup> , 22 <sup>nd</sup> JUN - 8 <sup>th</sup> , 23 <sup>rd</sup> JULY - 8 <sup>th</sup> , 23 <sup>rd</sup> AUG - 7 <sup>th</sup> , 24 <sup>th</sup> SEP - 8 <sup>th</sup> , 23 <sup>rd</sup>	Fruit Bread, Carrot & Kiwi  ALLERGENS: WHEAT, SOYA	<b><u>Bolognese Pasta Bake &amp; Cucumber Salad</u></b>  INGREDIENTS: pasta, minced beef, onions, carrots, celery, tinned tomatoes, tomato puree, cheese sauce, cucumber. ALLERGENS: WHEAT, MILK, SOYA	<b>Baked Apples</b>  ALLERGENS: NONE	Rice Cake, Tomato, Banana  ALLERGENS: NONE (may - soya)	<b><u>Fish Fingers, Hoops &amp; Creamy Mash</u></b>  INGREDIENTS: as above ALLERGENS: FISH, WHEAT, MILK, EGG	<b>Peach Melba</b>  ALLERGENS: MILK

DAY	AM SNACK	HOT LUNCH	DESSERT	PM SNACK	TEA	DESSERT
<b><u>DAY 6</u></b> APR - 8 <sup>th</sup> , 23 <sup>rd</sup> MAY - 8 <sup>th</sup> , 25 <sup>th</sup> JUN - 9 <sup>th</sup> , 24 <sup>th</sup> JULY - 9 <sup>th</sup> , 24 <sup>th</sup> AUG - 10 <sup>th</sup> , 25 <sup>th</sup> SEP - 9 <sup>th</sup> , 24 <sup>th</sup>	Pitta, Cucumber & Blueberries  ALLERGENS: WHEAT (may contain - egg, milk, soya)	<b><u>Quorn Sausage 'Cowboy' Pie &amp; Cabbage Medley</u></b>  INGREDIENTS: quorn sausages, onions, baked beans, potato, mixed cabbage ALLERGENS: WHEAT, MILK, EGG	<b><u>Yoghurt &amp; Mango Mash</u></b>  INGREDIENTS: natural & mango yoghurt, mango ALLERGENS: MILK,	Cheddars, Cheese Cubes & Apple  ALLERGENS: WHEAT, MILK, BARLEY (may contain - sesame)	<b><u>Assorted Filled Wholemeal Wraps</u></b>  INGREDIENTS: as above - ham, cheese, chicken, lettuce, cucumber, tomato ALLERGENS: WHEAT, MILK	<b><u>Strawberries &amp; Delight</u></b>  ALLERGENS: MILK, EGG, SOYA
<b><u>DAY 7</u></b> APR - 9 <sup>th</sup> , 24 <sup>th</sup> MAY - 11 <sup>th</sup> , 26 <sup>th</sup> JUN - 10 <sup>th</sup> , 25 <sup>th</sup> JULY - 10 <sup>th</sup> , 27 <sup>th</sup> AUG - 11 <sup>th</sup> , 26 <sup>th</sup> SEP - 10 <sup>th</sup>	Crackers, Dairylea & Orange  ALLERGENS: WHEAT, MILK	<b><u>Sweet &amp; Sour Pork, Brown Rice &amp; Green Beans</u></b>  INGREDIENTS: pork, pineapple, onions, peppers, sweet & sour sauce, brown rice, green beans ALLERGENS: BARLEY	<b><u>Fruit Crunch</u></b>  INGREDIENTS: apples, peaches, pears, flour, butter, sugar ALLERGENS: MILK, WHEAT	Wholemeal Pasta, Plums & Nectarines  ALLERGENS: WHEAT	<b><u>Cheese &amp; Bacon Puffs, Potato Salad &amp; Coleslaw</u></b>  INGREDIENTS: puff pastry, cheese, bacon, potatoes, mayonnaise, carrot, cabbage ALLERGENS: WHEAT, MILK, EGGS:	<b><u>Fruit Yoghurt</u></b>  ALLERGENS: MILK
<b><u>DAY 8</u></b> APR - 10 <sup>th</sup> , 27 <sup>th</sup> MAY - 12 <sup>th</sup> , 27 <sup>th</sup> JUN - 11 <sup>th</sup> , 26 <sup>th</sup> JULY - 13 <sup>th</sup> , 28 <sup>th</sup> AUG - 12 <sup>th</sup> , 27 <sup>th</sup> SEP - 11 <sup>th</sup> , 25 <sup>th</sup>	Potato Cake, Mange Tout & Peaches  ALLERGENS: WHEAT	<b><u>Warm Quiche, Baby Potatoes &amp; Summertime Salad</u></b>  INGREDIENTS: cheese & onion quiche, potatoes, tomato, cucumber, sweetcorn, apple, lettuce ALLERGENS: WHEAT, EGG, MILK	<b><u>Poached Pears &amp; Ice-Cream</u></b>  ALLERGENS: MILK	Crackers, Dairylea & Orange  ALLERGENS: WHEAT, MILK	<b><u>Tuna &amp; Sweetcorn Pasta Bake &amp; Peas</u></b>  INGREDIENTS: as above ALLERGENS: FISH, WHEAT, MILK (may contain- egg)	<b><u>Melon Boat</u></b>  ALLERGENS: NONE
<b><u>DAY 9</u></b> APR - 13 <sup>th</sup> , 28 <sup>th</sup> MAY - 13 <sup>th</sup> , 28 <sup>th</sup> JUN - 12 <sup>th</sup> , 29 <sup>th</sup> JULY - 14 <sup>th</sup> , 29 <sup>th</sup> AUG - 13 <sup>th</sup> , 28 <sup>th</sup> SEP - 14 <sup>th</sup> , 28 <sup>th</sup>	Crumpet, Sugar Snaps & Peaches  ALLERGENS: WHEAT (may contain - egg, milk, soya)	<b><u>Fish Cake, Root Veg Mash &amp; Mixed Vegetables</u></b>  INGREDIENTS: fishcakes, carrot, swede, potato, carrots, peas, sweetcorn, green beans ALLERGENS: WHEAT, MILK	<b><u>Summer Fruit Salad</u></b>  INGREDIENTS: strawberries, melon blueberries, kiwi, pineapple, orange ALLERGENS: NONE	Breadstick, Humus & Red Grapes  ALLERGENS: WHEAT, BARLEY (may contain - milk, soya)	<b><u>Chicken Curry &amp; Rice</u></b>  INGREDIENTS: chicken, curry paste, coconut milk, rice ALLERGENS: MUSTARD (may contain - nuts)	<b><u>Rice Pudding</u></b>  ALLERGENS: MILK
<b><u>DAY 10</u></b> APR - 14 <sup>th</sup> , 29 <sup>th</sup> MAY - 14 <sup>th</sup> , 29 <sup>th</sup> JUN - 15 <sup>th</sup> , 30 <sup>th</sup> JULY - 15 <sup>th</sup> , 30 <sup>th</sup> AUG - 14 <sup>th</sup> , 31 <sup>st</sup> SEP - 15 <sup>th</sup> , 29 <sup>th</sup>	Cheddars, Cheese Cube & Apple  ALLERGENS: WHEAT, MILK, BARLEY (may contain - sesame)	<b><u>Beef Goulash &amp; Herby Dumplings Cous Cous &amp; Broad Beans</u></b>  INGREDIENTS: beef, carrots, onions, paprika, peppers, tomatoes, tomato puree, stock, vegetable suet, flour, mixed herbs, cous cous, broad beans ALLERGENS: WHEAT, MILK,	<b><u>Bananas &amp; Custard</u></b>  ALLERGENS: MILK	Fruit Bread, Carrot, Kiwi  ALLERGENS: WHEAT, SOYA	<b><u>Scrambled Egg &amp; Ham Toasted Muffins</u></b>  INGREDIENTS: as above ALLERGENS: WHEAT, EGGS, MILK	<b><u>Fruit Cocktail</u></b>  ALLERGENS: MILK
<b><u>DAY 11</u></b> APR - 15 <sup>th</sup> , 30 <sup>th</sup> MAY - 15 <sup>th</sup> JUN - 16 <sup>th</sup> JULY - 1 <sup>st</sup> , 16 <sup>th</sup> , 31 <sup>st</sup> AUG - 17 <sup>th</sup> SEP - 1 <sup>st</sup> , 16 <sup>th</sup> , 30 <sup>th</sup>	Digestive, Pineapple & Celery  ALLERGENS: WHEAT, MILK (may contain - nuts)	<b><u>Cheese, Bacon &amp; Leek Pasta with Broccoli</u></b>  INGREDIENTS: as above ALLERGENS: WHEAT, MILK	<b><u>Blueberry Bircher</u></b>  INGREDIENTS: blueberries, raspberries, yoghurt, oats ALLERGENS: MILK, EGGS	Oat Cake, Pear & Red Pepper  ALLERGENS: OATS	<b><u>Savoury Beef Jackets</u></b>  INGREDIENTS: potatoes, mince beef, onions, carrots, peas, tinned tomatoes, stock cube, tomato puree, flour ALLERGENS: WHEAT	<b><u>Ice-Cream Roll</u></b>  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,

