

Dolphins Summer Menu 2018

July, August & September

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Chicken & Vegetable Tagine with Fruity Cous Cous, Broccoli & Sour Cream	Summer Time Salad Platter – Quiches, Scotch Eggs, Pork Pie, Coleslaw & Crunchy Potato Wedges	Roast Pork & Apple Sauce, Stuffing, Roast Potatoes, York Pud, Carrots, Swede, Cauliflower & Gravy	Ratatouille Vegetable Bake, Wholemeal Pasta, Green Salad & Garlic Bread	Breaded Haddock with Creamy Mash, Peas, Sweetcorn & Roast Tomato
LUNCH	Banana & Chocolate Split Fresh Fruit or Natural Yoghurt & Honey	Apple Strudel & Custard Fresh Fruit or Natural Yoghurt & Honey	Fresh Strawberry Shortbread Fresh Fruit or Natural Yoghurt & Honey	Toffee Cheesecake Fresh Fruit or Natural Yoghurt & Honey	Pineapple Upside Down Cake & Creme Fraiche Fresh Fruit or Natural Yoghurt & Honey
TEA	Fish Fingers, Cheesy Mash, Peas & Sweet Corn Rhubarb & Custard Trifle	Chicken & Pineapple Korma with Boiled Rice Fresh Raspberry Delight	Tomato & Vegetable Soup with Wholemeal Roll White Chocolate Cookie	Sausage & Vegetable Casserole Bowl Home-Made Cake	Cheese & Bacon Puffs, Coleslaw & Mixed Salad Ice-Cream Roll
WEEK 2	Cod Mornay with Croquettes, Peas, Sweetcorn & Green Beans	Savoury Quorn Pasta Bolognese, Grated Cheese & Cucumber Salad	Beef, Mushroom & Spinach Curry with Red Pepper Rice, Poppadom & Mint Raita	Cumberland Sausage in Onion Gravy, Root Veg Mash, Broccoli & Broad Beans	Roast Turkey & Cranberry, Roast Potatoes, York Pud, Cabbage, Carrots, & Honey Parsnips
LUNCH	Ginger Sponge & Custard Fresh Fruit or Natural Yoghurt & Honey	Etom Mess Fresh Fruit or Natural Yoghurt & Honey	Rhubarb Crumble & Creme Fraiche Fresh Fruit or Natural Yoghurt & Honey	Chocolate Sponge & Ice-Cream Fresh Fruit or Natural Yoghurt & Honey	Banoffee Pie Fresh Fruit or Natural Yoghurt & Honey
TEA	Assorted Sandwich Buffet with Crudities Lemon Mousse	Jacket Potato with Cheese & Baked Beans Chocolate Swiss Roll	Tuna & Sweet Corn Pasta with Mixed Vegetables Peach Melba	Dolphins Does 'Dominoes' Pizza Party Bananas & Custard	Mild Chilli & Nachos with Boiled Rice Flapjack
WEEK 3	Vegetarian Burger Sliders with BBQ Beans & Crispy Potato Wedges	Beef & Vegetable Stew with Dumplings, Roasted Red Cabbage & Wholemeal	Mediterranean Salmon Tray Bake, Saute' Potatoes, Broccoli & Cauliflower Cheese	Chicken, Leek & Mushroom Supreme with Yellow Rice, Mixed Green Vegetables	Traditional Home-Made Lasagne with Garlic Bread & Side Salad
LUNCH	Raspberry & Mascapone Wedge Fresh Fruit or Natural Yoghurt & Honey	Warm Chocolate Brownie & Creme Fraiche Fresh Fruit or Natural Yoghurt & Honey	Lemon Tart Fresh Fruit or Natural Yoghurt & Honey	Jam Roly Poly & Custard Fresh Fruit or Natural Yoghurt & Honey	Warm Honey Apricots & Ice-Cream Fresh Fruit or Natural Yoghurt & Honey
TEA	Savoury Spanish Chicken & Cous Cous Cinnamon Rice Pudding	Fish Cake, Potato Waffle & Buttered Sweet Corn Strawberry Cheesecake	'Howdy' Hot Dogs & Cowboy Beans Home-Made Cake	Potato & Mixed Pepper Frittata & Creamy Tomato Pasta Chocolate Sundae	Savoury Toasted Muffins & Bagels with Potato Salad Jam Sponge & Custard

Vegetarian and other Dietary Requirements are available on all meals. Very Young Children may have alternative on occasions

Please be aware that some meals may contain allergens below (please ask if need further information)

Cereals, Crustaceans, Eggs, Fish, Peanuts, Soybeans, Milk, Nuts, Celery, Mustard, Sesame, Sulphur Dioxide or Sulphites, Lupin & Molluscs

Breakfast Menu

July 2018

<u>Choice of Cereals</u> Wheatabix, Cheerios, Malted Wheat, Cornflakes, Ready Break & Rice Crispies	<u>Natural Yoghurt & Honey</u> and Fruit Cocktail	<u>Eggs</u> Scrambled or Poached (made to order)
<u>Selection of Fresh Fruits</u> Banana, Apple, Pear, Orange, Plum, Nectarines, Peaches, Kiwi & Apricots	<u>Wholemeal Toast</u> Honey, Marmite, Jam or Cheese Spread	<u>Drinks</u> Orange Juice, Apple Juice, Milk, Water

Snack Rota

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Crackers, Cheese Spread & Plums Wholemeal Pasta, Banana & Mango	Oatcake, Peaches & Sugar Snap Pitta, Hummus & Grapes	Fruit Bread, Pears & Mandarins Rice Cake, Red Grapefruit & Blueberries	Cheddars, Cheese Cubes & Apple Crumpet, Raspberries & Apricots	Potato Cake, Carrot Sticks & Kiwi Breadstick, Yoghurt & Sultanas
WEEK 2	Bagel, Nectarine & Cucumber Crispbread, Pineapple & Tomato	Breadstick, Yoghurt & Sultanas Muffin, Orange & Red Pepper	Wholemeal Pasta, Banana & Mango Cheddars, Cheese Cubes & Apple	Rice Cake, Red Grapefruit & Blueberries Malt Loaf, Sharon Fruit & Peas	Pitta, Hummus & Grapes Digestive, Strawberries & Mange Tout
WEEK 3	Digestive, Strawberries & Mange Tout Fruit Bread, Pears & Mandarins	Crumpet, Raspberries & Apricots Potato Cake, Carrot Sticks & Kiwi	Crispbread, Pineapple & Tomato Oatcakes, Peaches & Sugar Snap	Muffin, Orange & Red Pepper Crackers, Cheese Spread & Plums	Malt Loaf, Sharon Fruit & Peas Bagel, Nectarine & Cucumber

BLUE = Morning Snack GREEN = Afternoon Snack

After School Club Snacks

Cheddars - Cream Crackers - Bread Sticks - Digestives - Rice Cakes - Oatcakes - Carrot Sticks - Cucumber Sticks
 Cheese Cubes - Cheese Spread - Honey - Jam - Sultanas - Natural Yoghurt & Honey - Hummus - Fresh Fruit
 Fruit Cocktail - Milk - Water