



























ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Spring-Summer EYC Menu Week 1




 Added Plant Power
 Vegan
 Wholemeal

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WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes, Porridge Wholemeal Toast Fresh Fruit
AM Snack	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 
Main Course	Vegetable and Bean Fajitas with Rice  	Chicken and Red Pepper Pizza	Roast Turkey, New Potatoes and Gravy	Soya Spaghetti Bolognaise 	Battered Fish & Chips
Vegetarian Option	Vegetable and Bean Fajitas with Rice  	Cheese & Tomato Pizza	Mediterranean Vegetable Gratin 	Minced Beef Bolognaise 	Vegetable Fingers (V) & Chips 
Side Vegetables	Sweetcorn Broccoli  Rainbow Slaw	Green Beans Coleslaw  Mixed Bean Salad	Carrots Cauliflower  Green Bean Salad	Roasted Peppers Courgettes  Mixed Leaf Salad	Peas Baked Beans  Grated Carrot Salad
Salads	A selection of Freshly made Salads served daily				
Dessert	Peaches and Ice Cream	Plum Crumble with Custard	Chocolate Drizzle Cake	Oaty Cookies	Yoghurt and Fresh Fruit
PM Snack	Wholemeal Bread Fingers with Cheese Spread	Pitta Bread, Grated  Cheese and Cucumber	Rice Crackers and Carrot Sticks	English Muffin with  Yoghurt & Cucumber Dip	Melba Toast with Cheese Spread and Pepper Sticks
Tea Fresh Fruit Daily	Sandwiches – a choice of: Egg mayonnaise Cheese & Tomato Cream cheese & cucumber Babies – Scrambled Egg and Toast	Wholemeal Tomato Pasta with Grated Cheese 	Jollof Rice with Five Beans (V) 	Tuna and Sweetcorn or Baked Beans Jacket Potato	Chicken and Roasted Vegetable Couscous or Roasted Vegetable Couscous 

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Spring- Summer EYC Menu Week 2

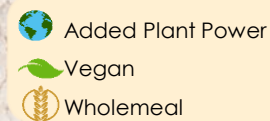
-  Added Plant Power
-  Vegan
-  Wholemeal

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes, Porridge Wholemeal Toast Fresh Fruit
AM Snack	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 
Main Course	Vegetable Enchiladas with 50/50 Rice  	Minced Beef Lasagne	Roast Chicken, Roast Potatoes & Gravy	Chicken Curry with 50/50 Rice	Fish Fingers & Chips
Vegetarian Option	Vegetable Enchiladas with 50/50 Rice  	Vegetable Lasagne	Vegetarian Wellington, Roast Potatoes & Gravy 	Chickpea Curry with 50/50 Rice 	Bean and Lentil Burger with chips 
Side Vegetables	Mixed Broccoli and Cauliflower Florets  Couscous Salad	Carrots Courgettes  Coleslaw	Roast Tomatoes Red Cabbage  Sweet Potato Power	Sweetcorn  Green Beans  Roasted Veg Power	Peas   Baked Beans Tomato Penne Salad
Salads	A selection of Freshly made Salads served daily				
Dessert	Apple Strudel with Custard	Apple & Raisin Flapjack	Fruit Jelly & Mandarins	Peach Crumble with Custard 	Yoghurt and Fresh Fruit
PM Snack	Wholemeal Bread Fingers with Cheese Spread	Wholemeal Bread Fingers and Pepper Sticks 	Rice Crackers and Carrot Sticks	Toasted Plain Bagel,  Cheese Spread and Cucumber Sticks	Melba Toast, Cheese Spread and Pepper Sticks
Tea Fresh Fruit Daily	Sandwiches – a choice of: Egg mayonnaise Cheese & Tomato Cream cheese & cucumber Babies – Scrambled Egg and Toast	Red Pepper and Cheese Frittata  with Rainbow Slaw	Jacket Potatoes with Tuna & Sweetcorn or Baked Beans	Soya Spaghetti Bolognaise 	Vegetable Pasta Bake 

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Spring - Summer EYC Menu Week 3



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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes, Porridge, Wholemeal Toast Fresh Fruit
AM Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Main Course	Macaroni Cheese	Chicken Chow Mein	Roast Chicken, Skin on Roast Potatoes and Gravy	Beef Chilli con Carne with Rice	Breaded Fish & Chips
Vegetarian Option	Macaroni Cheese	Sweet & Sour Vegetables with Noodles	Vegetarian Wellington, Skin on Roast Potatoes and Gravy	Vegetable Bean Chilli with Rice	Vegetable Fingers (V) & Chips
Side Vegetables	Peas Sweetcorn Green Bean Power	Broccoli Baked Beans BBQ Noodle Salad	Cabbage Carrots Apple and Raisin Salad	Roasted Summer Vegetables Beetroot and Orange Salad	Peas Baked Beans Mixed Leaf Salad
Salads	A selection of Freshly made Salads served daily				
Dessert	Mandarin Cheesecake	Chocolate Shortbread	Bananas and Custard	Cinnamon & Orange Cookie	Yoghurt and Fresh Fruit
PM Snack	English Muffin, Cheese Spread and Cucumber Sticks	Pitta Fingers and Pepper Sticks	Rice Crackers and Carrot Sticks	Wholemeal Bread Fingers and Carrot Sticks	Melba Toast with Cheese Spread and Pepper Sticks
Tea Fresh Fruit Daily	Sandwiches – a choice of: Egg mayonnaise Cheese & Tomato Cream cheese & cucumber Babies – Scrambled Egg and Toast	Jacket Potato with Coleslaw or Baked Beans & Cheese	Chickpea Curry with 50/50 Rice	Roasted Vegetable Couscous	Broccoli Pasta Bake