

Summer menu

Week 1

Monday

Lunch- Jan's Mac and cheese with mixed vegetables

Fruit yogurt

Tea- BBQ baked beans with wholemeal bread and vegetable sticks

Jan's Cherry shortbread

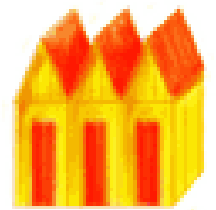
Tuesday

Lunch- South African beef or pork Bobotie with broccoli florets

Ice cream and wafer

Tea- Cheese and crackers with pineapple and olive slices

Jan's Summer sponge cake



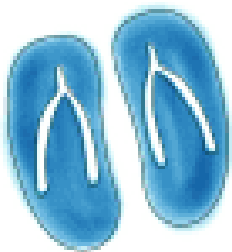
Wednesday

Lunch- Jan's Fruity chicken curry with rice, peas and nann bread

Fresh sliced strawberries

Tea- Jan's Cheese and mackerel muffins with melon wedges

Jan's fruit cookie



Thursday

Lunch- Jan's cheese and lentil quiche with mashed potato and baked beans

Fromage Frais

Tea- Hungarian Kifli rolls, cucumber, carrot and pepper slices

Jan's ginger cake



Friday

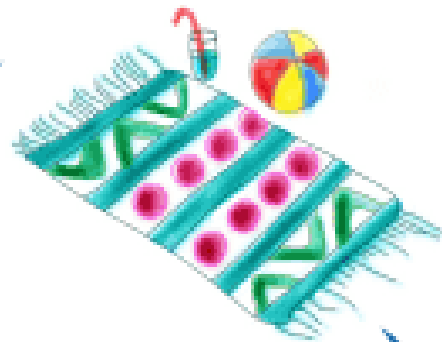
Lunch- Jan's Tuna pasta bake with carrots

Peach slices

Tea- Jan's savoury scones, peppers and cucumber slices

Jan's banana loaf





Summer menu
Week 2

Monday

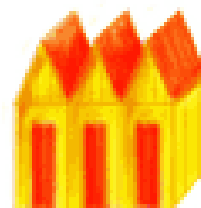
Lunch- Jan's Cheese and potato pie with baked beans
Jan's lime and courgette cake

Tea-Ploughman's platter with Jan's oat and barley bread
fingers
Fruit yogurt

Tuesday

Lunch- Jan's Roast chicken, roast potatoes with peas and
sweetcorn
Fresh fruit salad

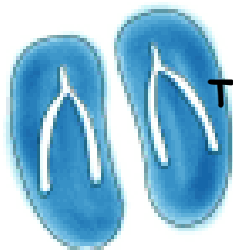
Tea-Wholemeal ham sandwiches with pineapple and pepper
slices
Jan's blueberry muffin



Wednesday

Lunch- Jan's Salmon and broccoli pie with mixed
vegetables
Banana and custard

Tea-Jan's cheese and pineapple pizza with vegetable sticks
Fromage Frais



Thursday

Lunch- Jan's sloppy joe's bake with garlic bread
Jan's fruit mousse

Tea-Hungarian cheese biscuits with pineapple and
cucumber slices
South African easy delicious brownies

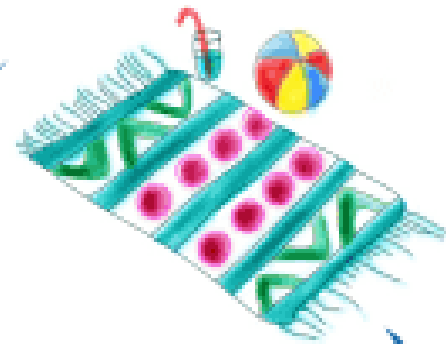


Friday

Lunch- Jan's Mac and cheese with butternut squash
Ice cream and wafer

Tea-Baked beans with wholemeal bread, fruit and
vegetable slices
Jan's cherry shortbread





Summer menu
Week 3

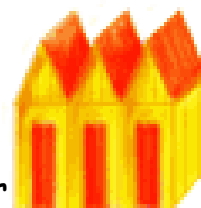
Monday

Lunch- Jan's Vegetable biriyani with peas and popadoms
Natural yogurt with honey
Tea-Crumpets with butter and vegetable sticks
Jan's apple sponge cake

Tuesday



Lunch- South African Frikkadels (Meatballs) in a spicy sauce with spaghetti and green beans
Ice cream and wafer



Tea- South African Marg toasties with olives and pepper slices
Jan's apricot cookie

Wednesday

Lunch- Breaded cod with homemade chips and mushy peas
Peach slices and cream
Tea- Wholemeal pitta bread platter
Jan's summer fruit smoothie



Thursday

Lunch- Jan's Cheese and tomato flan with new potatoes and carrots
Hungarian biscuit
Tea-Ham or cheese rolls, cherry tomatoes and cucumber
Fromage Frais



Friday

Lunch- Jan's sausage pasta bake with cauliflower
Jan's lemon muffin
Tea-Jan's cheese straws with fruit and vegetable slices
Jan's fruit biscuit

