

Summer menu
Week 1

Monday

Lunch- Jan's cauliflower mac and cheese
Ice cream with fruit sauce

Tea- BBQ baked beans with wholemeal bread, cucumber
and carrot batons
Jan's courgette and lime cake

Tuesday

Lunch- American burgers in a savoury gravy with new
potatoes and seasonal vegetables
Jan's berry fruit smoothie

Tea- Vegetable finger hot dog with pepper & tomatoes
Watermelon wedges

Wednesday

Lunch- Jan's quorn and lentil vegetable pie with peas
Lemon curd yogurt

Tea- Jan's corn cakes with cream cheese & pineapple
slices
Jan's ginger shortbread biscuit

Thursday

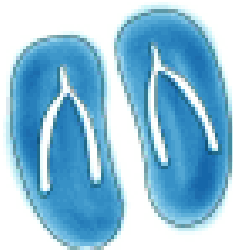
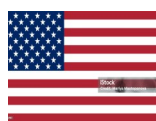
Lunch- Jan's pork bobotie served with mixed vegetables
Jan's summer fruit crumble and cream

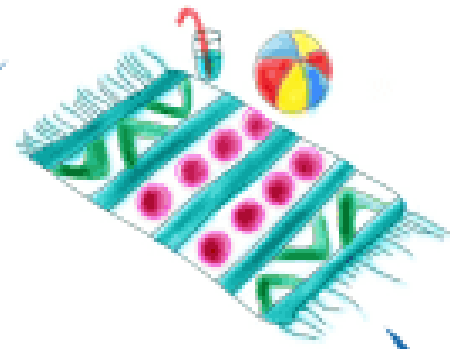
Tea- Jan's ploughmans platter with fresh crusty bread
Fromage Frais

Friday

Lunch- Breaded cod with homemade chips and mushy
peas
Fruit selection with custard

Tea- Jan's wholemeal pizza muffin with tomato and basil
topping served with pineapple & pepper slices
Jan's flapjack





Summer menu
Week 2

Monday

Lunch- Jan's vegetable biriyani served with popadoms
Natural yogurt with honey

Tea- Toasted crumpets with melted butter and fresh fruit slices
Portuguese apple cake



Tuesday

Lunch- Jan's cheese and tomato quiche served with mashed potato and baked beans
Mandarin Jelly

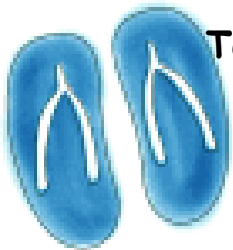
Tea- LANG-HUNGARIAN fried flat breads with sliced tomatoes
Jan's lemon and poppy seed sponge cake



Wednesday

Lunch- Jan's fish pie with seasonal vegetables
Jan's peach sponge with custard

Tea- Armenian Lahmojourn (pizza) with olives and pineapple
Fresh strawberry slices



Thursday

Lunch- Jan's beef cottage pie with cabbage and leek
Ice cream with fruit slices

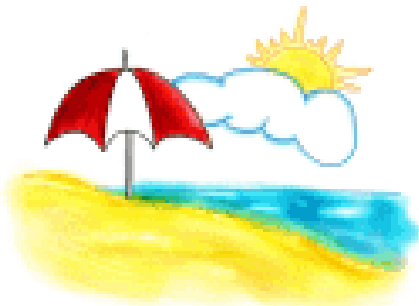
Tea- Wholemeal pizza bagels served with pineapple
And carrot batons
Jan's lemon cookie

Friday

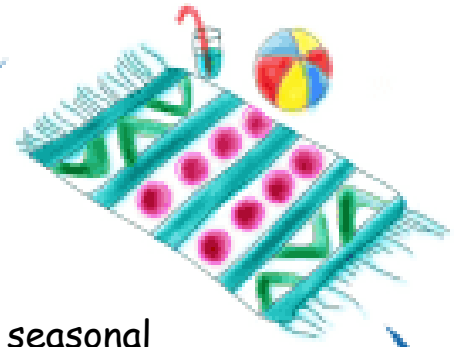
Lunch- Jan's cheese pasta bake with baked beans
Banana and custard

Tea- Wholemeal ham rolls with fruit and vegetable slices
Fromage frais





Summer menu
Week 3



Monday

Lunch- Jan's quorn sausage pasta bake with seasonal vegetables
Fromage frais

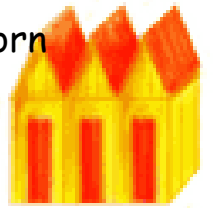
Tea- Wholemeal pitta bread with hummus and cheese, served with pepper and pineapple.
Jan's sprinkle sponge cake

Tuesday



Lunch- Jan's BBQ chicken, new potatoes, peas and sweetcorn
Orange and lemon sponge cake

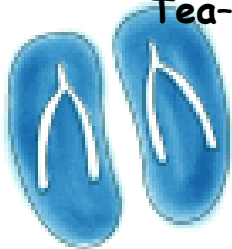
Tea- Selection of crackers and breadsticks served with cheese, carrot and cucumber sticks
Jan's Chocolate chip shortbread



Wednesday

Lunch- Coco mango beef curry served with brown rice and peas
Strawberry jelly

Tea- Scottish tea fruit scones with butter, fruit slices and olives
Blueberry sponge cake



Thursday

Lunch- Jan's salmon and haddock fish pie with mixed vegetables
Fruit yoghurt

Tea- Ham sandwiches served with cucumber and pepper slices
Summer fruit sponge cake

Friday

Lunch- Jan's pasta in tomato and crème fraiche sauce served with sweetcorn
Ice cream and sauce

Tea- Jan's cheese and apple scones with fruit and vegetables platter
Jan's lemon shortbread

