



MENU Summer 2022

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
	<i>Ha Sc Ol</i>	<i>Ha So Bo Ol</i>	<i>Ha Sc Az Ar</i>	<i>Ha So Bo Ar</i>
<i>Breakfast 8:30 - 9am carbs and dairy</i>	<i>Selection of cereals (Cheerios, Rice Krispies, Weetabix) with cow or oat milk, and/or Warburtons Danish or 50/50 toast, fruit bread, crumpet, with olive spread/vegan spread, cup of cow's milk/oat milk</i>			
<i>Snack 11 - 11:30am Sweet and savoury</i>	<i>Soup, Vegan fruit muffin, pancake, breadsticks, pitta fingers, bread fingers, malt loaf, crackers, cucumber sticks, peppers, strawberries, bananas, grapes, blueberries, raspberries, seasonal fruits etc.</i>			
<i>Dinner Week 1 1:30 - 2pm protein, veg x 2, carbs</i>	<i>Slow cooked chicken and sweet potato curry, with rice and poppadums</i>	<i>Vegan sausages or meatballs and chips, with broccoli & cauliflower</i>	<i>Cottage pie with sweetcorn, carrots sweet potato mash top</i>	<i>Tuna/white fish pasta in tomato sauce with sweetcorn & broccoli</i>
<i>Dinner Week 2 1:30 - 2 pm protein, veg x 2, carbs</i>	<i>Chicken and pesto pasta, with cherry tomatoes and cucumber sticks</i>	<i>White fish fingers/fishcake and chips, with broccoli and sweetcorn</i>	<i>Beef mince lasagne with carrots & sweetcorn, garlic pitta fingers</i>	<i>Pitta/naan bread pizza with vegan cheese, cucumber, corn on the cob</i>
<i>Dessert</i>	<i>Selection of seasonal fruit, banana, strawberries, pomegranate seeds, grapes, apples, oranges, raspberries, blueberries etc, sometimes with natural (milk or dairy free) yoghurt.</i>			
<i>Snack 4-4:40pm</i>	<i>Pitta or bread/toast fingers, beans, spaghetti, soup, sandwich with ham/chicken/cheese/vegan cheese/vegan meat, crumpet, malt loaf, crackers, cucumbers, peppers</i>			

**All meals are created around each child's individual allergy and dietary requirements, but combined to avoid making multiple meals each day. Meals are designed so there's variety across the week. The fruit and vegetables may change depending upon availability, but allergies will obviously always be considered. Meal times are approximate depending upon our day. If we are out for a long time, I will pack picnics or we will take larger morning snacks, then have a late dinner and miss afternoon snack. Snacks are varied to avoid repetition within a day. Depending upon availability of ingredients or daily plans, alternative meals maybe given that aren't on this menu, for example eating out at a café, but each child's dietary requirements and allergies will always be adhered too.*