

Seasonal Weekly Menu 1



| Meal | Monday | Tuesday | Wednesday | Thursday | Friday | | |
|-----------|---|---|---|--|---|--|--|
| Breakfast | A selection of cereals with warm or cold milk. Toast with butter, jam or marmite. Milk or water to drink | | | | | | |
| Snack | Milk to drink & fruit basket Crackers, rice cakes, butter & cheese spread | | | | | | |
| Lunch | Campfire hot dogs with corn on the cob ———— Fromage frais | BBQ chicken with vegetable rice Mini Milks/ Rocket Lollies | Fish fingers with peas and wedges Peaches with strawberry sauce | Cauliflower mac & cheese muffins ——— Fruit jelly | Beef Bolognese with broccoli ———— Homemade flapjacks | | |
| Snack | Snack toasted on the campfire to fit in with planning | | | | | | |
| Tea | Chicken munchies | Mini sausage rolls | Boiled eggs with toast | Pitta pockets with a choice of filling (tuna mayo/cheese/ ham) | Toasted Bagels | | |
| | Rainbow veggies & fruit basket | | | | | | |



Seasonal Weekly Menu 2



| Meal | Monday | Tuesday | Wednesday | Thursday | Friday | | |
|-----------|---|--|--|---|---|--|--|
| Breakfast | A selection of cereals with warm or cold milk. Toast with butter, jam or marmite. Milk or water to drink | | | | | | |
| Snack | Milk to drink & fruit basket Crackers, rice cakes, butter & cheese spread | | | | | | |
| Lunch | Chicken and vegetable campfire stir-fry Fromage Frais | Salmon and Broccoli Spaghetti Vanilla/Chocolate Sponge | Lamb koftas with couscous, pitta and yoghurt dip Summer fruit salad | Sausages, potato wedges and mixed vegetables ———————————————————————————————————— | Tuna and sweetcorn pasta bake ———————————————————————————————————— | | |
| Snack | Snack toasted on the campfire to fit in with planning | | | | | | |
| Tea | Toasted Crumpets | Chicken munchies | Boiled eggs with toast | Wraps with a choice of filling (ham/cheese/ marmite) | Mini sausage rolls | | |
| | Rainbow veggies & fruit basket | | | | | | |

Weeks commencing: 13/5, 3/6, 24/6, 15/7, 5/8, 26/8, 16/9



Seasonal Weekly Menu 3



| Meal | Monday | Tuesday | Wednesday | Thursday | Friday | | |
|-----------|---|---|--|---|--|--|--|
| Breakfast | A selection of cereals with warm or cold milk. Toast with butter, jam or marmite. Milk or water to drink | | | | | | |
| Snack | Milk to drink & fruit basket Crackers, rice cakes, butter & cheese spread | | | | | | |
| Lunch | BBQ beans with veg and a bread roll ——— Fromage Frais | Pea and ham risotto ———— Homemade flapjacks | Quorn korma spiced pilaf with mixed vegetables Fruit Jelly | Nanny's famous fish cakes with boiled potatoes and carrots ———————————————————————————————————— | Margarita pizza with broccoli Summer fruits with greek yoghurt | | |
| Snack | Snack toasted on the campfire to fit in with planning | | | | | | |
| Tea | Mini sausage rolls | Toasted Bagels | Pitta pockets with a choice of filling (tuna mayo/cheese/ ham) | Summer sandwiches (cucumber & soft cheese/ ham/ sliced cheese) | Chicken munchies | | |
| | Rainbow veggies & fruit basket | | | | | | |