

## 12 months +, Spring/Summer 2018 Menus

| Menu 1                 | Monday  | Ingredients   | Tuesday                                   | Ingredients   | Wednesday   | Ingredients   | Thursday                              | Ingredients   | Friday  | Ingredients   |
|------------------------|---|---|---|---|---|---|---------------------------------------|---|---|---|
| <b>08.30 Breakfast</b> | A choice of different cereals and dried fruit<br>Malt wheat's, puffed wheat's, Wheat biscuit's, corn flakes, shredded wheat |   |   |   |   |   |                                       |   |   |   |
| <b>Dessert</b>         | Raisins, Apricots, Mango, Cranberries, prunes, dates, figs.   |   |   |   |   |   |                                       |   |   |   |
| <b>10.00 Snack</b>     | Cucumber sticks   |   | Pears                                     |   | Apples  |   | Banana's                              |   | Cheese crackers   |   |
| <b>11.30 Starter</b>   | X   | X   | Bombay potatoes                           | Potato, turmeric, chili, mustard  | X   | X   | Garlic bread                          | Baguette, garlic, parsley, margarine                            | X   | X   |
| <b>Lunch</b>           | Fish pie served with pea's and broccoli   | Cod, smoked haddock, pink salmon, milk, corn flour, parsley, potato, pea, broccoli. | Mixed bean curry served with chapatti's   | Haricot, pinto, cannelloni, borlotti, red kidney, onion, turmeric, garam masala, cumin, mild curry powder, chapatti | Sausage and Yorkshire pudding with carrots, green beans and gravy | Sausage, plain flour, egg, milk, carrot, green beans, vegetable gravy         | Spaghetti Bolognese                   | Onion, beef mince, courgette, carrot, tomato, spaghetti         | Sticky BBQ chicken served with cheesy mash and sweet corn | Chicken, BBQ sauce, potato, cheddar cheese, sweet corn. |
| <b>Dessert</b>         | Chopped Banana in custard   | Banana, Custard   | X   | X   | Peach yoghurt   | Natural yoghurt, peach  | X                                     | X   | Orange jelly with mandarin oranges                        | Oranges, Jelly crystals.                                |
| <b>13.45 Snack</b>     | Blueberries   |   | Pepper sticks                             |   | Bread sticks  |   | Raisins                               |   | Apples  |   |
| <b>15.30 Tea</b>       | Sausage rolls, pepper sticks and dips   | Pork, Puff pastry, peppers, ketchup, mayonnaise                                     | Ham or soft cheese sandwiches with Celery | Ham, cream cheese, whole meal bread, margarine, celery  | Vegetable Samosa with a mint and yoghurt dip                      | Filo pastry, pea, carrot, courgette, curry powder, Natural yoghurt, mint, egg | Cheese and biscuits with pears slices | Cream crackers, cheddar cheese, margarine, pear                 | Fruit loaf with butter and cucumber sticks                | Fruit loaf margarine, cucumber                          |
| <b>Dessert</b>         | Chocolate and raisin crispy buns  | Chocolate, rice snaps, raisins  | Melon slices                              | Honey dew   | Fruit ice lollies   | Fresh fruit   | Cherry buns                           | Self raising flour, caster sugar, margarine, egg, cherry, icing | Pineapple chunks  | Pineapple   |
| <b>16.45 Snack</b>     | Cheese crackers   |   | Bread sticks                              |   | Raisins   |   | Celery                                |   | Blueberries   |   |

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| Menu 2                 | Monday  | Ingredients  | Tuesday  | Ingredients                                       | Wednesday                                       | Ingredients   | Thursday                                 | Ingredients  | Friday                                     | Ingredients                                    |
|------------------------|---|--|--|---|---|---|--|--|--|--|
| <b>08.30 Breakfast</b> | A choice of different cereals<br>Malt wheat's, puffed wheat's, Wheat biscuit's, corn flakes, shredded wheat |  |  |   |   |   |  |  |  |  |
| <b>Dessert</b>         | Raisins, Apricots, Mango, Cranberries, prunes, dates, figs.   |  |  |   |   |   |  |  |  |  |
| <b>10.00 Snack</b>     | Apples  |  | Bread sticks   |   | Strawberries                                    |   | Celery                                   |  | Olives                                     |  |
| <b>11.30 Starter</b>   | Olives  | Olives in brine  | X  | X   | Poppadoms and Mango chutney dip                 | Poppadom, Mango chutney   | X  | X  | Corn on the cob                            | Sweet corn                                     |
| <b>Lunch</b>           | Creamy bacon and pea pasta  | Bacon, pasta, double cream, cheese, pea.                   | Fish cakes served with Carrots and mushy peas                | Salmon, potato, breadcrumb, carrot, pea.          | Chicken and vegetable curry and whole meal rice | Chicken, onion, tomato, pepper, sweet potato, curry powder, cumin, turmeric, rice | Vegetable lasagna served with peas       | Onion, pepper, aubergine, tomato, lasagna sheets, white sauce, cheese. | Burger and wedges served with a side salad | Beef mince, potato, lettuce, tomato, cucumber  |
| <b>Dessert</b>         | X   | X  | Strawberries and cream                                       | Strawberry, single cream                          | X   | X   | Raspberry Swiss roll                     | Caster sugar, egg, self-raising flour, margarine, raspberry jam.       | X  | X  |
| <b>13.45 Snack</b>     | Pepper sticks   |  | Kiwi   |   | Carrot sticks                                   |   | Cheese cubes                             |  | Grapes                                     |  |
| <b>15.30 Tea</b>       | Hot cross buns with butter or soft cheese and grapes  | Dried fruit hot cross bun, Margarine, cream cheese, grapes | Picnic sausages, ham, peppers, cucumber with cheese crackers | Cocktail sausage, ham, pepper, cucumber, crackers | Cheese scones with grapes and celery            | Cheese scone, margarine, grape, celery  | Beef or chicken sandwiches with tomatoes | Beef, chicken, margarine, whole meal bread, tomato                     | Tuna or ham wraps with peppers             | Tuna, ham, mayonnaise, whole meal wrap, pepper |
| <b>Dessert</b>         | Peaches   | Peach  | Popcorn and raisins  | Popcorn, raisin                                   | Oat biscuits                                    | Flour, Oats, caster sugar, egg, margarine, syrup                                  | Kiwi chunks                              | Kiwi   | Choc ice                                   | Chocolate, Vanilla ice cream                   |
| <b>16.45 Snack</b>     | Rice cakes  |  | Biscuits   |   | Cheese twists                                   |   | Raisins                                  |  | Cheese crackers                            |  |

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| Menu 3                 | Monday  | Ingredients  | Tuesday                                       | Ingredients  | Wednesday                                 | Ingredients   | Thursday                                   | Ingredients  | Friday                     | Ingredients                                     |
|------------------------|---|--|---|--|---|---|--|--|----------------------------|---|
| <b>08.30 Breakfast</b> | A choice of different cereals<br>Malt wheat's, puffed wheat's, Wheat biscuit's, corn flakes, shredded wheat |  |   |  |   |   |  |  |                            |   |
| <b>Dessert</b>         | Raisins, Apricots, Mango, Cranberries, prunes, dates, figs.   |  |   |  |   |   |  |  |                            |   |
| <b>10.00 Snack</b>     | Pineapple chunks  |  | Banana  |  | Water biscuits with butter                |   | Pears                                      |  | Cucumber                   |   |
| <b>11.30 Starter</b>   | X   | X  | Yorkshire pudding                             | Plain flour, egg, milk   | X   | X   | Prawn crackers                             | Oil, prawn, starch   | X                          | X   |
| <b>Lunch</b>           | Roasted chicken and vegetables with whole meal rice   | Chicken, onion, cherry tomato, pepper, courgette, butternut squash, rice | Cottage pie served with cabbage               | Beef mince, pea, potato, cabbage   | Macaroni cheese served with pea's         | Macaroni, plain flour, milk, cheese, pea.                       | Sweet and sour chicken served with noodles | Ketchup, soy sauce, vinegar, Peppers, pineapple, carrot, bean sprouts, chicken, noodles. | Meat balls and spaghetti   | Pork mince, pepper, tomato, mushroom, spaghetti |
| <b>Dessert</b>         | Lemon butterfly buns  | Self-raising flour, caster sugar, margarine, egg, lemon curd.            | X   | X  | Fruit salad with mini meringues           | Pineapple, pear, raspberry, banana, meringue.                   | X  | X  | Frozen Banana yoghurt bake | Natural yoghurt, banana                         |
| <b>13.45 Snack</b>     | Cherry tomatoes   |  | Cheese cubes                                  |  | Oranges                                   |   | Scotch pancake                             |  | Cheese savories            |   |
| <b>15.30 Tea</b>       | Cheese, crackers and pears  | Cream crackers, cheddar cheese, margarine, pear                          | Ham and cheese quiche with home made coleslaw | Ham, cheddar cheese, pastry, egg, carrot, onion, celery, cabbage, mayonnaise | Tuna or turkey Sandwiches cucumber slices | Tuna, mayonnaise, turkey, margarine, whole meal bread, cucumber | Cheese and tomato rolls and sour cream dip | Whole meal bread cheese, tomato, sour cream, mayonnaise, onion, chive                    | Chicken and couscous salad | Chicken, couscous, pea, tomato, lemon juice     |
| <b>Dessert</b>         | Raspberries and mini marshmallows   | Raspberry, marshmallow   | Fruit ice lollies                             | Fresh fruit  | Pineapple chunks                          | Pineapple   | Melon slices                               | Water melon  | Popcorn and cranberries    | Popcorn, cranberry                              |
| <b>16.45 Snack</b>     | Celery  |  | Raisins                                       |  | Biscuit                                   |   | Bread sticks                               |  | Rice cakes                 |   |

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| Menu 4                 | Monday  | Ingredients  | Tuesday                                    | Ingredients                                  | Wednesday                     | Ingredients  | Thursday  | Ingredients  | Friday   | Ingredients   |
|------------------------|---|--|--|--|-------------------------------|--|---|--|--|---|
| <b>08.30 Breakfast</b> | A choice of different cereals<br>Malt wheat's, puffed wheat's, Wheat biscuit's, corn flakes, shredded wheat |  |  |  |                               |  |   |  |  |   |
| <b>Dessert</b>         | Raisins, Apricots, Mango, Cranberries, prunes, dates, figs.   |  |  |  |                               |  |   |  |  |   |
| <b>10.00 Snack</b>     | Cherry tomatoes   |  | Bread sticks                               |  | Grapes                        |  | Cheese cubes                                      |  | Apple  |   |
| <b>11.30 Starter</b>   | Garlic flat bread   | Flat bread, garlic                                 | X  | X  | Corn on the cob               | Sweet corn   | X   | X  | Veggie Skewers                                       | Cherry tomato, cucumber, pepper   |
| <b>Lunch</b>           | Spaghetti Bolognese   | Pork mince, onion, mushrooms, courgette, spaghetti | Vegetable pesto penne pasta                | Pasta, pesto, pepper, cherry tomato          | Sausage & vegetable casserole | Sausage, potato, carrot, onion, tomato, courgette                          | Chicken and broccoli pasta bake                   | Chicken, broccoli, pasta, single cream, cheese               | Fish bites served with new potatoes and Carrots      | Cod, smoked haddock, pink salmon, whole meal bread, new potato, carrot. |
| <b>Dessert</b>         | X   | X  | Blueberry and oat flapjack                 | Butter, oats, flour, syrup, sugar, blueberry | X                             | X  | Ice cream served with a wafer and a berry drizzle | Vanilla ice cream, wafer, strawberry, raspberry, blackberry. | X  | X   |
| <b>13.45 Snack</b>     | Oranges   |  | Pepper sticks                              |  | Scotch pancake                |  | Strawberries                                      |  | Oranges  |   |
| <b>15.30 Tea</b>       | Scotch eggs, ham peppers, cucumber with cheese crackers   | Scotch egg, ham, pepper, cucumber, cheese crackers | Fruit loaf with butter and cucumber sticks | Fruit loaf, butter, cucumber                 | Spring rolls with dips        | Filo pastry, spring onion, bean sprout, pepper, soy sauce, five-spice, egg | Savory muffins with pepper sticks                 | Plain flour, cheese, tomato, milk, egg.                      | Pitta bread pockets, Hummus or chicken with tomatoes | Pitta bread, Hummus, chicken, tomato                                    |
| <b>Dessert</b>         | Rice cake and grapes  | Rice cake, grape                                   | Melon slices                               | Cantaloupe melon                             | Strawberries and blueberries  | Strawberry, blueberry  | Peaches   | Peach  | Custard and sprinkles                                | Custard, Sprinkles  |
| <b>16.45 Snack</b>     | Cheese twists   |  | Carrot sticks                              |  | Bread sticks                  |  | Rice cakes  |  | Cheese cubes   |   |