

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Summer EYC Menu Week 1

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WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes Wholemeal Toast Fresh Fruit
AM Snack	Wholemeal Bread Fingers with Cheese Spread	Fresh Fruit	Rice Crackers with Houmous and Carrot Sticks	Fresh Fruit	Melba Toast with Cheese Spread and Pepper Sticks
Main Course	Macaroni & Cheese	Chicken and Red Pepper Pizza	Roast Turkey, New Potatoes and Gravy	Soya Spaghetti Bolognaise	Battered Fish & Chips Steamed white fish and mash (babies)
Vegetarian Option	Vegetable and Bean Fajitas with Rice	Tomato Pasta	Vegan Mediterranean Vegetable Gratin	Roasted Cauliflower Curry with 50/50 Rice	Cheese and Tomato Quiche
Side Vegetables	Sweetcorn Broccoli Rainbow Slaw	Green Beans Ratatouille Mixed Bean Salad	Carrots Cauliflower Green Bean Salad	Roasted Peppers Courgettes Mixed Leaf Salad	Peas Baked Beans Grated Carrot Salad
Salads	A selection of Freshly made Salads served daily				
Dessert	Peaches and Ice Cream	Plum Crumble with Custard	Lemon Drizzle Cake	Chocolate and Banana Oaty Square	Yoghurt and Fresh Fruit Station
PM Snack	Fresh Fruit	Pitta Bread, Grated Cheese and Cucumber	Fresh Fruit	English Muffin with Yoghurt & Cucumber Dip	Fresh Fruit
Tea Fresh Fruit Daily	Chicken and Roasted Vegetable Couscous	Beans on Toast	Wholemeal Tomato Pasta with Grated Cheese	Tuna and Sweetcorn Jacket Potato	Sandwiches

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Summer EYC Menu Week 2

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Boiled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Boiled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes Wholemeal Toast Fresh Fruit
AM Snack	Melba Toast, Yoghurt & Mint Dip and Beetroot	Fresh Fruit	Rice Crackers, Houmous and Carrot Sticks	Fresh Fruit	Pitta Bread, Grated Cheese and Pepper Sticks
Main Course	Sausage and Mash	Minced Beef Pasta Bake	Roast Chicken with Roast Potatoes and Gravy	Chicken Curry with 50/50 Rice	Battered Fish & Chips Steamed white fish and mash (babies)
Vegetarian Option	Vegetarian Sausage and Mash	Vegetable Lasagne with Garlic Bread	Vegetable Wellington	Vegetable Curry with 50/50 Rice	Red Pepper and Cheese Frittata
Side Vegetables	Mixed Broccoli and Cauliflower Florets Couscous Salad	Carrots Courgettes Coleslaw	Sweetcorn Green Beans Roasted Veg Power	Roast Tomatoes Hot Slaw Sweet Potato Power	Peas Baked Beans Tomato Penne Salad
Salads	A selection of Freshly made Salads served daily				
Dessert	Apple Strudel with Custard	Apple & Raisin Flapjack	Fruit Jelly & Mandarins	Mixed Fruit Crumble with Custard	Yoghurt and Fresh Fruit Station
PM Snack	Fresh Fruit	Wholemeal Bread Fingers, Hard Boiled Egg and Pepper Sticks	Fresh Fruit	Toasted Plain Bagel, Cheese Spread and Cucumber Sticks	Fresh Fruit
Tea	Jacket Potato with Beans	Cheese and Tomato Pizza with Rainbow Slaw	Bolognese with Spaghetti	Sandwiches	Vegetable Risotto with Garlic Bread
Fresh Fruit Daily					

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Summer EYC Menu Week 3

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit Scrambled Eggs	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes Wholemeal Toast Fresh Fruit
AM Snack	Fresh Fruit	Rice Crackers, Grated Cheese and Cucumber	Fresh Fruit	Melba Toast, Yoghurt & Cucumber Dip	Fresh Fruit
Main Course	Chicken Noodles	Chicken Tagine with Couscous	Roast Chicken, Skin on Roast Potatoes and Gravy	Jollof Rice with Chicken	Battered Fish & Chips Steamed white fish and mash (babies)
Vegetarian Option	Sweet & Sour Vegetables with Noodles	Vegetable and Apricot Tagine with Couscous	Vegetarian Sausages	Jollof Rice with Quorn & Beans	Spanish Omelette
Side Vegetables	Peas Sweetcorn Green Bean Power	Broccoli Baked Beans BBQ Noodle Salad	Spring Greens Carrots Apple and Raisin Salad	Roasted Summer Vegetable Medley Beetroot and Orange	Peas Baked Beans Mixed Leaf Salad
Salads	A selection of Freshly made Salads served daily				
Dessert	Yoghurt & Fruit	Chocolate and Orange Brownie	Bananas and Custard	Cinnamon & Orange Cookie	Yoghurt and Fresh Fruit Station
PM Snack	Wholemeal Bread Fingers, Houmous and Carrot Sticks	Fresh Fruit	Pitta Fingers, Houmous and Pepper Sticks	Fresh Fruit	English Muffin, Cheese Spread and Beetroot
Tea Fresh Fruit Daily	Tuna and Vegetable Pasta Bake	Ratatouille with Jacket Potato	Cheese and Tomato Quiche with Potato Salad	Beans on Toast	Sandwiches