



OUR FUEL FOR LEARNING - SUMMER MENU

We do not add salt into any of our dishes, however sometimes there may be salt already in ingredients such as cheese, stock cubes & tomato puree.

We do not add any refined sugar to any of our deserts and when it's needed for taste, we use natural fruits to sweeten them!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Vegan Lentil Shepard's Pie (Carrots & Courgettes) with Sweetcorn & Peas</p> <p>Organic Little Yeo Yoghurts</p>	<p>Beetroot Korma, Chicken Curry with Rice w/ Mixed Vegetables & Steamed Broccoli</p> <p>Blueberry Crumble w/ Milk Custard</p>	<p>Homemade Salmon Fishcakes, Jacket Potato, Home-made Beans & Peas</p> <p>Sliced Banana & Greek Yoghurt</p>	<p>Home-made Turkey & Apple Meatballs w/ Spaghetti & Tomato Sauce, Steamed Broccoli & Carrots</p> <p>Fresh Fruit Grazing Board (Watermelon and Mango)</p>	<p>Turkey and Fennel Pasta Bake with Sweetcorn & Steamed Carrots</p> <p>Fruity Salad w/ Greek yoghurt</p>
Week 2	<p>Cheese & Broccoli Quiche, New Potatoes & Salad (Sweetcorn, lettuce, tomato, cucumber, grated carrot, spring onion)</p> <p>Prunes w/ Milk Custard</p>	<p>Sweet Potato & Lamb Shepherd's Pie Steamed Broccoli & Green Beans</p> <p>Fresh Fruit Grazing Board (Mangos, Strawberries & Kiwi's)</p>	<p>Apricot & Bean Chicken Tagine (Sweet Potatoes) w/ Rice, Steamed Carrots & Sweetcorn</p> <p>Sliced Banana w/ Milk Custard</p>	<p>Beetroot & Chickpea Turkey Burgers, Potato Wedges, Sweetcorn & Homemade Baked Beans</p> <p>Organic Little Yeo Yoghurts</p>	<p>The Ruby Murray Roasted Red Pepper & Sweet Potato Curry w/ Peas & Turmeric Sunshine Rice</p> <p>Baked Pears & Cinnamon w/ Yeo Valley Yoghurt</p>
Week 3	<p>Jacket Potato with Home-made Giant Baked beans, Cottage Cheese and Sweetcorn</p> <p>Milky Vanilla Rice Bowl</p>	<p>Seaside Carbonara with Peas & Steamed Carrots (Salmon, Spaghetti & Courgettes)</p> <p>Banana, Blueberry & Oat Muffins w/ Milk Custard</p>	<p>Beef Chilli (Beans, Mushrooms, Carrots & Tomatoes) w/ Rice, Peas & Swede Mash</p> <p>Organic Little Yeo Yoghurts</p>	<p>Slow Roasted Chicken, Rosemary Potatoes, Broccoli & Cauliflower Cheese & Green Beans</p> <p>Slices of Melon</p>	<p>Tune Pasta Bake w/ Sweetcorn & Steamed Carrots</p> <p>Vegan Coco Bites w/ Milk Custard</p>
Week 4	<p>Cheesy Courgette Frittata with Steamed Broccoli, Baked Potatoes & Home-made Beans</p> <p>Peach Shortcake w/ Milk Custard</p>	<p>Sticky Pineapple & Ginger Chicken Stir Fry (Shredded Cabbage, Carrots, Broccoli, Sweetcorn, Pak Choy) & Noodles</p> <p>Organic Little Yeo Yoghurts</p>	<p>Cauliflower & Apricot Lentil Dahl (Carrots) Roast Potatoes, Peas Cucumber & Natural Yoghurt (Veggie)</p> <p>Slices of Melon</p>	<p>Turkey with extra Veggies Lasagne (Courgettes & Carrots) with Broccoli & Steamed Carrots</p> <p>Sliced Bananas w/ Yeo Valley Yoghurt</p>	<p>Nourish Bowl Warm Pasta, Tomatoes, Carrots, Cucumber, Tuna, Peppers, Sweetcorn, Cheese, Kidney Beans, Spring Onions & Natural Yoghurt</p> <p>Coconut & Raspberry Oat Bites w/ Milk Custard</p>