



Princess of Wales Schoolhouse Day care Spring/ Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:45am	Choice of cereal Toast Milk or water	Choice of cereal Crumpets Milk or water	Choice of cereal Toast Milk or water	Choice of cereal Toasted tea cake Milk or water	Choice of cereal Toast Milk or water
Snack 10am	Melon Milk or water	Rice cake Milk or water	banana Milk or water	Oranges Milk or water	Pear Milk or water
Lunch - Starter 11:30am	Garlic bread			Naan bread or poppadom	
Lunch - Main		Cod fish fingers, mashed potato and mushy peas	Lamb, apricot and shallot tagine served with couscous	Fruity chicken curry with boiled	Tuna and sweetcorn pasta bake rice
Vegetarian option	Vegetable bolognaise with pasta swirls	Vegetable fingers, mashed potato and mushy peas	Vegetable apricot and shallot tagine served with couscous	Lentil curry with boiled rice	Vegetable pasta bake
Lunch - Dessert	Oranges	Red berry mousse	Jam and coconut sponge		Fruit crumble and cream
Tea - main 3pm	Chicken wraps	Homemade puff pastry cheesy star	cheese sandwiches	Crackers, cheese chunks and pickle	Ham pitta bread, cucumber sticks
Tea - dessert	Cucumber and carrot sticks	Pepper sticks, tomato wedges	sweet potato crisps	pineapple	Raisins and apricots
Late Snack 5:30pm	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:45am	Choice of cereal Toast Milk or water	Choice of cereal Crumpets Milk or water	Choice of cereal croissant Milk or water	Choice of cereal Toast Milk or water	Choice of cereal Muffins Milk or water
Snack 10am	Bread sticks and apple Milk or water	Cracker bites Milk or water	Oranges Milk or water	Rice cake and apple Milk or water	Pear Milk or water
Lunch - Starter 11:30am			Homemade Tortilla triangles with guacamole and salsa dip		
Lunch - Main	Chicken enchiladas with corn on the cob	Tarragon Roast chicken with summer greens and roast potatoes		Goujons, wedges and baked beans	Fish pie with mixed vegetables
Vegetarian option	Vegetable enchiladas with corn on the cob	Tarragon Quorn pieces with summer greens and roast potatoes	Vegetarian chilli served with wholegrain rice	Quorn goujons, wedges with baked beans	Vegetable pie with mixed vegetables
Lunch - Dessert	Apricot and nectarine tart	Peach and raspberry s with meringue nests		Mandarin jelly	Apricots, pear and raisins
Tea - main 3pm	Tuna mayo sandwiches	Ham and cheese wraps	Pizza muffins Choice of topping (Pre-school choice)	Picnic Quiche	Homemade cheese and spinach scones
Tea - dessert	melon	Tomato wedges and cucumber sticks		Grapes	Peaches
Late Snack 5:30pm	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:45am	Choice of cereal Toast Milk or water	Choice of cereal Tea cake Milk or water	Choice of cereal Toast Milk or water	Choice of cereal crumpet Milk or water	Choice of cereal Toast Milk or water
Snack 10am	Bananas Milk or water	Pear Milk or water	Breadsticks and apple Milk or water	oranges Milk or water	Rice cakes Milk or water
Lunch - Starter 11:30am	Crusty bread			Garlic bread	
Lunch - Main	Summer chicken stew	BBQ pulled pork served with potato salad	Miso salmon with ginger noodles		Mediterranean couscous with pork meatballs in a tomato sauce
Vegetarian option	Summer Quorn stew	Quorn pieces served with potato salad	Miso vegetables with ginger noodles	Vegetable lasagne	Mediterranean couscous with Quorn lamb mince meatballs in a tomato sauce
Lunch - Dessert		Raspberry fruit jelly	Banana and ice cream		Pineapple upside down cake
Tea - main 3pm	Cheesy salmon pasta	Crusty roll served with cheese cucumber and tomato	Veggie rainbow picnic pie	Homemade Halloumi straws with corn and tomato slaw	Bread sticks, dip, ham, cucumber and cheese squares
Tea - dessert	Orange smiles	Apples and sultanas	Melon	Pineapple	Homemade biscuits
Late Snack 5:30pm	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit



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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30-8:45am	Choice of cereal Toast Milk or water	Choice of cereal Brioche Milk or water	Choice of cereal Tea cake Milk or water	Choice of cereal Muffins Milk or water	Choice of cereal Toast Milk or water
Snack 10am	Cracker bites Milk or water	Banana Milk or water	Blueberries Milk or water	Plums Milk or water	Rice cakes and apples Milk or water
Lunch - Starter 11:30am				Tomato Bruschetta	
Lunch - Main	Swedish meatballs served with a beetroot salad and boiled potatoes		Tex-mex beef tacos served with rainbow rice	Pork and pineapple skewers served with rice and green beans	Gammon ham, boiled potatoes, peas and parsley sauce
Vegetarian option	Swedish Quorn meatballs served with a beetroot salad and boiled potatoes	Veggie Indian burger served with sauté potatoes and tomato slices	Tex-mex veggie tacos served with rainbow rice	Tofu and pineapple skewers served with rice and green beans	Quorn ham, boiled potatoes, peas and parsley sauce
Lunch - Dessert	Yoghurt	Cherry crumble with cream	Chocolate orange cake		Homemade ginger biscuits
Tea - main 3pm	Cheese on toast	Homemade sausage rolls with a tomato dip	Crackers, cheese, tomato, cucumber	Jacket potato wedges and baked beans	Cheese and tomato pasta
Tea - dessert	Cucumber sticks and apricots	Apple smiles	Banana	Pear	Pineapple
Late Snack 5:30pm	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit	Choice of fruit