**Epsom Spring/Summer Menu**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | A selection of Cereals, toast and fruit.  With milk or water. | A selection of Cereals, toast and fruit.  With milk or water. | A selection of Cereals, toast and fruit.  With milk or water. | A selection of Cereals, toast and fruit.  With milk or water. | A selection of Cereals, toast and fruit.  With milk or water. |
| **AM Snack** | Rice Cakes & Carrot sticks. | Apple & Pear | Breadsticks & Cream cheese | Fruit Platter | Cheese Straws & Cucumber sticks. |
| **Lunch** | Maccaroni & Cauliflower cheese, with sliced carrots. | Beef/ Quorn Mince Spaghetti Bolognese with Mushrooms | Sweet & Sour Chicken/ Vegetable with steamed rice. | Fish Pie served with Broccoli & Green Beans. | Vegetable Lentil Curry & Bombay Potatoes. |
| **Starter/Pudding** | Fruit Salad | Garlic Bread | Natural Yoghurt & Strawberries | Peaches & Custard | Mini Nan Breads |
| **PM Snack** | Mixed Dried Fruits  Served with Milk. | Cheese & Crackers  Served with Milk. | Melon & Oranges  Served with Milk. | Oatcakes  Served with Milk. | Banana & Apple  Served with Milk. |
| **Tea** | Sausage/ Quorn sausage in a roll with Beans | Selection of Sandwiches | Jacket Potato, Tuna & Sweetcorn | Mediterranean Vegetable Cous Cous | Mini Fishcakes, potato wedges, peas & sweetcorn. |
| **Pudding** | Lemon Sponge Cake | Pineapple rings | Fruit Salad | Fromage Frais | Shortbread Biscuit |
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**Week 1**

**Epsom Spring/Summer Menu**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | A selection of Cereals, toast and fruit.  With milk or water. | A selection of Cereals, toast and fruit.  With milk or water. | A selection of Cereals, toast and fruit.  With milk or water. | A selection of Cereals, toast and fruit.  With milk or water. | A selection of Cereals, toast and fruit.  With milk or water. |
| **AM Snack** | Strawberry & Banana | Pitta bread & Humous | Banana & Raisins | Cheese & Crackers | Fruit Platter |
| **Lunch** | Roast Chicken/ Quorn fillet, with roast potatoes and seasonal veg. | Salmon & Broccoli Pasta Bake. | Sweet Potato Cottage pie.  Served with peas and sweetcorn. | Mexican Bean Burrito & Rice | Poached Fish with boiled potatoes & carrots & green beans. |
| **Starter/Pudding** | Yorkshire Pudding | Mixed Fruit Crumble | Triple Melon Selection | Natural Yoghurt & mixed berries | Fresh Bread Roll |
| **PM Snack** | Breadsticks & Philadelphia Cheese | Apple & Pear | Rice cakes & Apricots. | Mixed Dry Fruit | Carrot & Pepper sticks with Humous |
| **Tea** | Beans on Toast | Onion & Tomato Mini Omelettes. | Pizza Muffins, with Ham & Cheese, with cumber & carrot sticks. | Tuna & Spring Onion Panini’s, served with salad. | Traffic Light, Egg Rice. |
| **Pudding** | Pineapple & Oranges | Flavoured Yoghurt | Ginger Biscuits | Fruit Salad | Fromage Frais |
|  | | | | | |

**Week 2**