**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 & CrackersServed with Milk. | Melon & Oranges Served with Milk. | Oatcakes Served with Milk. | Banana & AppleServed 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  |
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**Week 2**