

# Naturally Learning Summer 2016 Menu

## Week One.

### Monday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Rice cakes with cream cheese and melon slices such as watermelon, cantaloupe and honeydew

**Lunch:** Vegetable and Butter bean pasta bake with a cheese topping

**Dessert:** Natural yoghurt with a selection of strawberries, raspberries and blueberries

**Afternoon Snack:** Homemade Fish pate with breadsticks, cucumber and tomatoes

**Tea:** Scrambled egg on toast or baked beans on toast with cherry tomatoes (cut into quarters)

**Dessert:** Tinned fruit in natural juices

### Tuesday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Homemade houmous with breadsticks, carrot and pepper sticks

**Lunch:** Homemade mini beef burgers (no bun) served with homemade potato salad and a fresh salad containing lettuce, tomatoes, cucumber, peppers and beetroot

**Vegetarian option:** Quorn burgers

**Dessert:** Crunchy Apple Bake

**Afternoon Snack:** **Homemade basil and tomato muffins** and nectarine slices

**Tea:** Homemade Lentil and carrot soup served with a **homemade multi grain roll**

**Dessert:** A choice of fresh fruit with natural yoghurt

### Wednesday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Crackers with cottage cheese and slices of cucumber and grapes (cut into quarters)

**Lunch:** Homemade Chicken Stir Fry with vegetables, carrots, courgette, spring onions, baby sweetcorn, peppers and egg noodles

**Vegetarian option:** Vegetable stir fry with egg noodles

**Dessert:** Rice pudding with banana slices and cinnamon

**Afternoon Snack:** **Homemade cheesy oatcakes** with grated cheese & apple slices

**Tea:** Tuna or ham sandwiches with mini raw broccoli and cauliflower florets and homemade houmous

**Dessert:** A selection of strawberries, raspberries, blueberries with natural yoghurt

### Thursday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Homemade guacamole served with celery, mangetout, fresh orange segments and oat cakes

**Lunch:** Homemade Seafood Pie (cod, salmon and haddock) served with Broccoli and Carrots

**Dessert:** Very Berry jelly

**Afternoon Snack:** Toasted English muffins with cream cheese and banana slices

**Tea:** Tomato and basil tart with green beans and slices of boiled eggs

**Dessert:** A choice of fresh fruit

### Friday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Homemade cheese and onion round, oranges & raspberries

**Lunch:** 80 % Sausage rice salad with a mozzarella, avocado and tomato salad

**Vegetarian option:** Quorn sausage rice salad

**Dessert:** **Homemade carrot cake muffins**

**Afternoon Snack:** **Freshly baked cheesy straws** served with homemade yoghurt and mint dip, cucumber and carrot sticks

**Tea:** Oven baked Jacket potatoes served with a selection of tuna and sweetcorn, or baked beans

**Dessert:** Small pot of a flavoured fromage frais

**Cereals:** Our selection of cereals will consist of weetabix, rice krispies, shreddies and cornflakes, we will ensure the lowest sugar option.

**Drinks:** Children will be offered milk or water at snack times and water at all main meals. Fresh water is available for all children to freely access throughout a session.

**The children will be baking and making the foods highlighted in green as a small group activity with a practitioner. This is to ensure that all children are provided with plenty of opportunities to cook and learn about food.**

## Naturally Learning Summer 2016 Menu

### Week Two.

#### Monday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Toast squares with mashed egg, cucumber slices and cherry tomatoes (cut into quarters)

**Lunch:** Homemade chicken fajitas with salad and sweetcorn salsa served with a Tortilla wrap

**Vegetarian option:** Quorn chicken fajitas with salad and sweetcorn salsa served with a Tortilla wrap

**Dessert:** Banana Custard

**Afternoon Snack:** **Homemade savoury muffins** and nectarine slices

**Tea:** **Homemade pitta bread pizza with a selection of toppings such as ham, tuna, mushrooms, sweetcorn and pineapple**

**Dessert:** Melon selection such as watermelon, cantaloupe and honeydew

#### Tuesday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Pitta bread sticks with cottage cheese, satsumas and grapes (cut into quarters)

**Lunch:** Homemade Coconut Fish Curry with basmati rice and chopped tomatoes (cut into quarters)

**Dessert:** **Homemade rhubarb crumble**

**Afternoon Snack:** **Homemade savoury cheese scones** served with grapes (cut into quarters)

**Tea:** Homemade courgette frittata with a vegetable platter of raw carrots, pepper, celery and broccoli with a yoghurt and mint dip

**Dessert:** Small pot of a flavoured fromage frais

#### Wednesday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Wholemeal toast with cream cheese and fresh pineapple cubes

**Lunch:** Homemade ham and leek tagliatelle served with a fresh mixed salad containing lettuce, tomatoes, cucumber, peppers and beetroot

**Vegetarian option:** Leek tagliatelle served with a fresh mixed salad containing lettuce, tomatoes, cucumber, peppers and beetroot

**Dessert:** **Homemade banana bread**

**Afternoon Snack:** **Homemade cheesy oatcakes** with cucumber and apple slices

**Tea:** Oven baked Jacket potatoes served with a selection of tuna and sweetcorn, or baked beans

**Dessert:** Very Berry Jelly with dairy ice cream

#### Thursday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Crackers with tuna sweetcorn or ham and melon slices

**Lunch:** Homemade chilli and rice with homemade tortilla chips and sour cream and chives dip with chopped tomatoes (cut into quarters)

**Vegetarian option:** Quorn chilli and rice with homemade tortilla chips and sour cream and chives dip with chopped tomatoes (cut into quarters)

**Dessert:** A selection of strawberries, raspberries and blueberries with natural yoghurt

**Afternoon Snack:** Carrot & pepper sticks with breadsticks & sour cream and chive dip

**Tea:** Homemade butternut squash and lentil soup with a **homemade bread roll**

**Dessert:** Homemade fresh fruit pops made with orange juice, strawberries and kiwi fruit

#### Friday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Homemade fish pate with breadsticks, carrots and cherry tomatoes (cut into quarters)

**Lunch:** Homemade Broccoli Quiche served with homemade coleslaw and new potatoes

**Dessert:** **Homemade fruity flapjacks**

**Afternoon Snack:** Toasted bagels with cream cheese and broccoli & cauliflower florets

**Tea:** Scrambled eggs on toast or baked beans on toast served with cucumber sticks

**Dessert:** **Homemade carrot cake muffins**

**Cereals:** Our selection of cereals will consist of weetabix, rice krispies, shreddies and cornflakes, we will ensure the lowest sugar option.

**Drinks:** Children will be offered milk or water at snack times and water at all main meals. Fresh water is available for all children to freely access throughout a session.

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# Naturally Learning Summer 2016 Menu

## Week Three.

### Monday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Toast fingers, natural yoghurt (for dipping), banana slices and strawberries

**Lunch:** Homemade butternut squash and lentil risotto served with green beans

**Dessert:** **Homemade Upside Down Cake**

**Afternoon Snack:** Toasted crumpets with cream cheese and fresh pineapple squares

**Tea:** Tuna and sweetcorn pasta bake

**Dessert:** Strawberries and dairy ice cream

### Tuesday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** **Homemade cornbread** with apple slices and cherry tomatoes (cut into quarters)

**Lunch:** Homemade chickpea fritters served with Sweet Potato Wedges and Garden Peas

**Dessert:** Fresh fruit salad of grape, satsumas, apple, pear and pineapple served with natural yoghurt

**Afternoon Snack:** **Homemade herby cheese muffins** and banana slices

**Tea:** Oven baked Jacket potatoes served with a selection of tuna and sweetcorn, ham or baked beans

**Dessert:** Homemade fresh fruit pops made with orange juice, strawberries and kiwi fruit

### Wednesday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** **Freshly baked cheesy straws** served with homemade yoghurt and mint dip, cucumber and carrot sticks

**Lunch:** Homemade mini salmon fish cakes with homemade potato and coleslaw salad

**Dessert:** Melon selection such as watermelon, cantaloupe and honeydew and mango slices

**Afternoon Snack:** Crackers with cottage cheese and slices of cucumber and grapes (cut into quarters)

**Tea:** Homemade spicy lentil soup with a **homemade multi grain roll**

**Dessert:** Tinned fruit in natural juices

### Thursday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** **Homemade cheesy oatcakes** and apple slices

**Lunch:** Homemade Vegetarian Spaghetti Bolognese, served with broccoli

**Dessert:** Very Berry jelly

**Afternoon Snack:** Rice cakes with cream cheese and melon slices such as watermelon, cantaloupe and honeydew and mango slices

**Tea:** Salmon and cucumber wraps and a fresh salad containing lettuce, tomatoes, cucumber, peppers and beetroot

**Dessert:** Small pot of a flavoured fromage frais

### Friday

**Breakfast:** Assorted cereals with milk, toast or a piece of fresh fruit from our fruit bowl

**Morning Snack:** Homemade Fish pate with breadsticks, cucumber and tomatoes (cut into quarters)

**Lunch:** Homemade bacon and egg tart served with a couscous salad

**Dessert:** **Homemade summer fruits** crumble

**Afternoon Snack:** **Homemade basil and tomato muffins** and a berry selection

**Tea:** Homemade pepper and onion melts with tuna potato salad

**Dessert:** A choice of fresh fruit with natural yoghurt

**Cereals:** Our selection of cereals will consist of weetabix, rice krispies, shreddies and cornflakes, we will ensure the lowest sugar option.

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