

Little Bears Summer Menu

Week 1



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Selection of cereal, toast, fruit and yoghurt	Breakfast Selection of cereal, toast, fruit and yoghurt	Breakfast Selection of cereal, toast, fruit and yoghurt	Breakfast Selection of cereal, toast, fruit and yoghurt	Breakfast Selection of cereal, toast, fruit and yoghurt
Lunch Mixed beans & butternut squash curry with couscous & naan bread	Lunch Spring Chicken casserole with new potatoes	Lunch Roast lamb, roast potatoes, vegetables & gravy	Lunch Vegetable lasagne with green salad	Lunch Salmon fishcakes, peas & potato wedges
[Dessert?]	Jam coconut sponge	Fruit yoghurt	Apple slice & custard	Fruit salad
Tea Margarita pizza, vegetable sticks	Tea Tuna & sweetcorn salad wraps with carrot & cucumber	Tea Cheesy beans, bread & butter	Tea Scrambled eggs with mushroom & cherry tomatoes & toast	Tea Sausage roll, coleslaw, cucumber sticks
Watermelon	Pear	Pineapple & grapes	Oranges	Apple
Snack(am) Breadsticks Apple Milk	Snack(am) Cheese cubes Pineapple Milk	Snack(am) Crumpet Honeydew melon Milk	Snack(am) Croissant Raisins Milk	Snack(am) Pancakes Banana Milk

Little Bears Summer Menu

Week 2



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Selection of cereal, toast, fruit and yoghurt	Selection of cereal, toast, fruit and yoghurt	Selection of cereal, toast, fruit and yoghurt	Selection of cereal, toast, fruit and yoghurt	Selection of cereal, toast, fruit and yoghurt
Lunch	Lunch	Lunch	Lunch	Lunch
Pasta Arrabbiata green beans	Roast chicken, roast potatoes, cabbage, carrots & gravy	Cod bites, rice & peas	Salmon & pea pasta (fish 3 days in a row)	Creamy tuna & sweetcorn spaghetti
Fruit yoghurt	Fruit salad	Lemon curd mousse	Sugar free flapjack (same as Friday)	Raisin flapjack
Tea	Tea	Tea	Tea	Tea
Cheese & potato frittata baked beans	Sweet potato & red pepper soup	Cheese/Ham sandwiches Vegetable sticks	Homemade beefburger in a bun, tomato & cucumber slices	Houmous, cream cheese dip, vegetable sticks, flatbread
Honeydew melon	Fruit yoghurt	Orange	Banana	Melon & raisins
Snack(am)	Snack(am)	Snack(am)	Snack(am)	Snack(am)
Apple Bagel Milk	Pear Cream crackers Milk	Raisins Pancakes Milk	Watermelon Croissant Milk	Apple Digestive biscuir Milk

Little Bears Summer Menu

Week 3



Monday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Vegetable sausage, bean & potato pie

Greek yoghurt & berries

Tea

Tuna & cucumber sandwiches & cherry tomato & carrots

Banana

Snack(am)

Honeydew melon
Croissant
Milk

Tuesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Roast pork, roast potatoes, apple sauce, mixed veg & gravy

Strawberry jelly

Tea

Scrambled egg, pitta slices, vegetable sticks

Oranges

Snack(am)

Pear
Breadsticks
Milk

Wednesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

BBQ chicken with rice & sweetcorn

Apricot scone

Tea

Jacket potato, baked beans, grated cheese & mixed salad

Apple

Snack(am)

Pineapple & grapes
Bagel
Milk

Thursday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Fish pie, peas & carrots

Pears & cream

Tea

Tomato soup, crusty baguette

Fruit yoghurt

Snack(am)

Watermelon & raisins
Crumpet
Milk

Friday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Vegetable lasagne, mixed salad

Blueberries & ice-cream

Tea

Margarita pizza with carrot & cucumber sticks

Banana

Snack(am)

Honeydew melon
Rice cake
Milk

Little Bears Summer Menu

Week 4



Monday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Ham & pea risotto, glazed carrots

Fruit salad

Tea

Jacket potato, baked beans, grated cheese, vegetable sticks

Fruit yoghurt

Snack(am)

Breadsticks
Banana
Milk

Tuesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Lancashire hotpot, peas & sweetcorn

Carrot cake

Tea

Tuna melt, vegetable sticks

Watermelon

Snack(am)

Pancakes
Oranges
Milk

Wednesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Penne pasta in a Mediterranean sauce

Greek yoghurt & honey

Tea

Homemade turkey burger in a bun, coleslaw, vegetable sticks

Banana

Snack(am)

Croissant
Honeydew melon
Milk

Thursday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Roast chicken, roast potato, vegetables & gravy

Orange jelly

Tea

Quiche, baked beans, carrot sticks

Apple

Snack(am)

Crumpet
Pear
Milk

Friday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Homemade fish fingers, sweet potato oven fries, sweetcorn

Peaches & cream

Tea

Houmous dip, cream cheese dip, with pitta & vegetable sticks

Fruit yoghurt

Snack(am)

Rice cake
Apple
Milk