

## BIRKBEES GROUP SUMMER MENU 2024

BREAKFAST CONSISTS OF SELECTION OF CEREALS INCLUDING: WEETABIX, PORRIDGE, SHREDDIES, RICE CRISPIES, CORNFLAKES

Morning and Afternoon snack we serve a selection of seasonal fruits and vegetable crudities

**Meals marked with (\*) indicate that the children will be encouraged to prepare this meal**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Summer Veg & Basil Spaghetti with Grated Cheese & Carrot Salad	Beef/Quorn Chilli with Brown Rice	Homemade Fish & Chips Peas	Plant Based Meatballs in Curry Sauce with Cous Cous and Tzatziki	Cheesy Jacket Potatoes with Baked Beans
DESSERT	Rice Pudding with Green Sultanas	Tinned Pineapple with Cream	Fresh Strawberry Swirl Yoghurt	*Homemade Ice Cream*	Fruit Sponge Pudding with Custard
NURSERY TEA	French Stick with Cream Cheese, Cucumber	Tuna & Sweetcorn Pasta Salad	*Wholemeal Pitta Pizzas*	*Assorted Sandwiches & Vegetable Sticks*	Penne Pomodoro With Salmon
DESSERT	Jammy Coconut Sponge	*Berry Muffins*	Melon	Apricot & Oat Biscuits	Summer Fruit Selection
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Quiche New Potatoes Peas	Quorn Mince Enchiladas with Potato Wedges & Grated Carrot Salad	Creamy Broccoli & Squash Pasta Bake Sweetcorn Garlic Bread	Fish Goujons with Katsu Sauce New Potatoes	North African Chicken/Tofu Tagine Rice
DESSERT	Greek Yoghurt & Oat Crunch	Semolina with Berries	*Fruit Skewers*	Lemon Curd Tart With Cream	Date & Apple Slice with Custard
NURSERY TEA	*Assorted Filled Rolls Celery Sticks*	Beans and Wholemeal Toast	Assorted Filled Wraps Cherry Tomatoes	Macaroni Cheese	Toasted Bagels with Scrambled Egg
DESSERT	Fruit Platter	Carrot Cake	Chia Seed Brownies	Pineapple Chunks	Melon Slices
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Quorn Korma Curry Rice Peas	Fish Crumble New Potatoes Green Beans	Spaghetti Pomodoro Garlic Bread Salad Grated Cheese	Cauliflower Cheese Potato Wedges Carrots	Beef Burger in a Bun Corn on the cob
DESSERT	Apricot Flapjack	Banana Custard	Yoghurt with Fruit Puree	Summer Fruit Salad	Fruit with Ice Cream
NURSERY TEA	Fish Finger Sandwich Cucumber Sticks	*Cheese & Leek Swirls with Coleslaw*	*Savoury Scones with Salmon & Cherry Tomatoes*	*Tuna Pasta Salad*	Assorted Sandwiches with Crudities
DESSERT	Summer Fruits Salad & Cream	Tinned Peaches	*Orange & Sultana Sponge Fingers*	Yoghurt with Fruit Swirl	Courgette and Lime Cake
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Sausages Tomato Sauce New Potatoes Green Beans	Lasagne Garlic Bread Mixed Salad	Katsu Chicken Rice	Broccoli Cheese Pasta Bake Herb Bread	Fish Pie Green Beans
DESSERT	Pear & Custard	Swiss Roll	Chocolate Pudding Evaporated Milk	Milk Pudding & Fruit	Yoghurt with Berries
NURSERY TEA	Cheese & Onion Pie Baked Beans	Toasted Bagel with Tuna Sweetcorn Mayonnaise	Spaghetti with Pepper Sauce & Cheese	Cheese Biscuits Sweet Pickle Cucumber	*Assorted Filled Wholemeal Sandwiches & Crudities*
DESSERT					

	Mango Lassi	Sorbet	Melon	*Fruit Platter*	Ginger Cake
<b>Children are encouraged to access their water bottles throughout the day and are given a choice between milk and water at snack times from an open cup beaker or free flow trainer cup</b>					
<b>Allergies - Please speak to a member of the Management team if your child has any allergies or intolerances to any foods They will be able to advise you of the ingredients used in all our dishes</b>					