

BIRKBEES GROUP MENU SUMMER 2022

BREAKFAST CONSISTS OF SELECTION OF CEREALS INCLUDING: WEETABIX, PORRIDGE, SHREDDIES, RICE CRISPIES, CORNFLAKES
FRESH AND DRIED FRUIT

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cream Crackers with Butter Celery Sticks	Pitta Bread Fingers Banana	Bread sticks with Apple	Wholemeal Toast Tomatoes	Plain Pancakes with Pear
NURSERY LUNCH	Summer Veg & Basil Spaghetti with Grated Cheese & Carrot salad	Beef/Quorn Chilli Brown Rice Corn Bread	Fish Pie/Summer Veg & Lentil crumble with Broccoli Cheese and Sautéed potatoes	Spicy Chicken/ Quorn Meatballs in curry sauce with cous cous and Tzatziki	Been Burger Sweet Potato Wedges Peas
DESSERT	Fresh Strawberry Swirl Yoghurt	Tinned Pineapple and Cream	Rice Pudding with Green Sultanas	Mango and Orange Fruit Salad Ice Cream	Chocolate Surprise Cupcakes
PM SNACK	Bread Sticks with Grapes	Oat Cakes with Butter Tomatoes	Crackers with cream cheese and pepper	Carrot sticks and bread sticks	Rice cakes with Melon
NURSERY TEA	French Stick with Cream Cheese & Salmon Cucumber	Tuna & Sweetcorn Pasta Salad	Wholemeal Pitta Pockets with Various fillings	Pizza Scones Cucumber	Cheesy Jacket Potatoes with Ratatouille
DESSERT	Fruity Rock Cakes	Berry Muffins	Melon	Apricot & Oat Biscuits	Summer fruit selection
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Bread sticks with Hummus	Buttered Wholemeal Bread with Pear	Cream Crackers with Butter, Cucumber	Rice Cakes with Banana	Fruit Toast with Butter
NURSERY LUNCH	Quorn Mince Curry & Brown Rice with Riata	Mediterranean Fish/ Grilled Tofu New Potatoes & seasonal Vegetables	Sausage & Pepper Pasta Bake, sweetcorn Garlic Bread	Home-made Tuna & Courgette/ Cheese & Courgette Croquettes with Parsley sauce & Peas	North African Chicken/Tofu Tagine CousCous
DESSERT	Semolina with Berries	Greek Yoghurt & Oat Crunch	Tropical fruit Salad	Chocolate Rice Pudding	Melon slices
PM SNACK	Oatcakes & Oranges	Rice Cakes with Banana	Bread sticks with Apple	Toasted Crumpets with Butter	Buttered Cream Crackers Kiwi
NURSERY TEA	Egg Mayonnaise Filled Rolls Celery Sticks	Wholemeal Pesto Fusilli with Tomatoes and Courgette Grated Cheese	Toasted Wholemeal Bread with Cream Cheese and Salmon Carrot Sticks	Jacket Potatoes with Cottage Cheese and Chives Cherry Tomatoes	Macaroni Cheese with Broccoli
DESSERT	Carrot Cake	Fruit Platter	Fruit Muffins	Pineapple Chunks	Date & Apple slice
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Bread Sticks with Grapes	Oat Cakes with Cream Cheese Cucumber	Crackers with cream cheese and pepper	Carrot sticks and bread sticks	Rice cakes with Melon
NURSERY LUNCH	Jacket Potatoes with Tuna Mayonnaise, Cheese Mixed Salad	Lemon & Zattar Roast Chicken Tray Bake Seasonal Vegetables	Salmon & Broccoli / Broccoli Cheese Pasta Bake Herb Bread	Cauliflower Cheese Mixed Potato Wedges Peas	Home-made Wholemeal Pizza Potato Salad Coleslaw
DESSERT	Apricot Flapjack	Banana Custard	Yoghurt with fruit Purée	Summer Fruit Salad	Fruit with Custard
PM SNACK	Cream Crackers with Butter Celery Sticks	Pitta Bread Fingers Pear	Bread sticks with Apple	Wholemeal Toast Tomatoes	Plain Pancakes with Apple
NURSERY TEA	Quorn Thai Noodle Salad	Quiche Grated Carrot	Chilli Cheese Wholemeal Muffins, Salsa	Savoury Cous Cous with Tomato Sauce	Fish Finger Sandwich with ketchup
DESSERT	Summer Fruits Salad & Cream	Fruity Flapjack	Tinned Peaches	Yoghurt with Fruit Swirl	Courgette and lime Cake
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Oatcakes & Oranges	Rice Cakes with Banana	Bread sticks with Apple	Toasted Crumpets with Butter Melon	Buttered Cream Crackers Kiwi
NURSERY LUNCH	Quorn Tikka Masala Rice Peas	Turkey/Quorn Lasagne, Garlic bread, Mixed Salad	Corn Crunch Chicken Dippers / Quorn dippers with Chive Dip Savoury CousCous	Summer Vegetable Wholemeal Quiche, baked beans New potatoes	Oaty Salmon Fish Cakes/ Vegetable and Oat Cakes Green Beans, Noodles and sweet Chilli sauce
DESSERT	Chocolate & Pear Custard	Rice Pudding	Bread & Butter Pudding	Strawberries and Cream	Yoghurt with Berries
PM SNACK	Bread sticks with Hummus	Pancakes with Pear	Cream Crackers with Cream Cheese, Cucumber	Rice Cakes with Banana	Fruit Toast with Butter
NURSERY TEA	Scrambled Eggs with Sausage Baked Beans	Toasted Bagel with Tuna and sweetcorn Mayonnaise	Spaghetti with Pepper Sauce, Olives and Cheese	Cheese and Biscuits Sweet Pickle Cucumber	Assorted Filled Wholemeal Sandwiches, Crudities
DESSERT	Fromage Frais	Raspberry and Lemon Muffins	Melon	Fruit Sponge	Fruit Milk Shake

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

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