



Spring/SummerRock a Tots Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereals, wholemeal toast and baby porridge				
Morning snack	A choice of good-for-you carbs and seasonal fruit or vegetables with either milk or water				
Lunch	Tomato and Sausage casserole with Cous cous, peas and carrots	Chicken and bacon pasta bake with sweetcorn and broccoli	Whole gammon joint with potatoes, seasonal veg and parsley sauce	Cottage Pie, carrots and green beans	Corned beef hash with mixed veg and gravy
Dessert (Always offered with fruit as an alternative)	Crumble & custard	Stewed fruit	Strawberries and ice cream	Spotted dog and custard	Fromage Frais
Afternoon snack	A choice of good-for-you carbs and seasonal fruit or vegetables with either milk or water				
Tea	Selection of sandwiches	Ploughman's tea with Coleslaw and crusty French bread	Ritz with cream crackers, cheese, soft cheese, houmous and crudités	Spaghetti on toast	Selection of sandwiches
Dessert	Oranges	Homemade oatie biscuit	Muffin	Apples	Shortbread

All our meals are homemade daily, using fresh produce – all dietary requests and intolerances are catered for



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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereals, wholemeal toast and baby porridge				
Morning snack	A choice of good-for-you carbs and seasonal fruit or vegetables with either milk or water				
Lunch	Chicken in mascarpone with rice, peas and sweetcorn	Braised beef casserole with cous cous and mixed veg	Roast chicken with mash, roasters, carrots, peas and gravy	Fisherman's Pie with green beans and diced swede	Macaroni cheese with carrots and peas
Dessert (Always offered with fruit as an alternative)	Orange cake with lemon sauce	Ice-cream and wafer	Jelly and whip	Berry crumble and cream	Pineapple upside cake and custard
Afternoon snack	A choice of good-for-you carbs and seasonal fruit or vegetables with either milk or water				
Tea	Tortilla wraps with Cajun chicken and salad	Selection of sandwiches	Beans on toast	Selection of sandwiches	Hot dog and crudites
Dessert	Cherry scones	Homemade cake	Homemade biscuit	Melon	Fromage Frais

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereals, wholemeal toast and baby porridge				
Morning snack	A choice of good-for-you carbs and seasonal fruit or vegetables with either milk or water				
Lunch	Tuna pasta bake with mixed veg	Curry of the day with rice and peas	Beef lasagne, mixed veg and garlic bread	Roast pork with roasters, parsnips, carrots, peas, gravy and apple sauce	Sausage and mash with mixed veg and gravy
Dessert (Always offered with fruit as an alternative)	Stewed fruit	Apple and apricot crumble	Yoghurt swirl	Ice-cream, strawberries and wafer	Rice pudding
Afternoon snack	A choice of good-for-you carbs and seasonal fruit or vegetables with either milk or water				
Tea	Pitta with a selection of fillings	Homemade pizza	Selection of sandwiches	Crumpets with cheese and ham, tomatoes and cucumber	Selection of cold meats, bread and butter with crudites
Dessert	Fruit cookie	Swiss roll	Chocolate cornflake cakes	Fromage Frais	Shortbread

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of cereals, wholemeal toast and baby porridge				
Morning snack	A choice of good-for-you carbs and seasonal fruit or vegetables with either milk or water				
Lunch	Cheese and potato pie, sausages & baked beans	Roast Chicken, stuffing, roast potatoes, carrots, green beans and gravy	Chicken in BBQ sauce with cous cous, peas and sweetcorn	Spaghetti Bolognese with garlic bread and mixed veg	Fish fingers with potato mash and baked beans
Dessert (Always offered with fruit as an alternative)	Crumble and cream	Ice cream sundae	Fruit and jelly	Cheesecake	Bananas and custard
Afternoon snack	A choice of good-for-you carbs and seasonal fruit or vegetables with either milk or water				
Tea	Selection of sandwiches	Toasted muffin with a selection of toppings	Homemade pizza	Selection of sandwiches	Crumpets with various toppings
Dessert	Fruit cookie	Swiss roll	Chocolate cornflake cakes	Fromage Frais	Shortbread

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