Little Bears Summer Menu



Monday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Vegetable and lentil curry with rice and naan bread Natural yoghurt blueberries

Tea

Magarita pizza with carrot and cucumber sticks

Watermelon

Snack(am)

Rice cake Banana Milk

Tuesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Roast chicken, new potatoes and mixed vegetables
Banana muffin

Tea

Tuna & sweetcorn pasta with cucumber slices

Pear

Snack(am)

Apple Breadstick Milk

Wednesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Minced lamb kofta and rice salad Vanilla ice cream & strawberries

Tea

Cheese sandwiches and vegetable sticks

Banana

Snack(am)

Crumpet Orange Milk

Thursday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Jacket potatoes, crumbled hock ham, grated cheese and baked beans Fruit yoghurt

Tea

Scrambled egg, sweetcorn and bagel

Orange

Snack(am)

Pear Oatcake Milk

Friday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Salmon & spinach lasagne with baby carrots

Fruit salad

Tea

Crusty baguette cocktail sausages, babybel, boiled egg, vegetable sticks

Yoghurt

Snack(am)

Biscuit Melon Milk

Little Bears Summer Menu



Monday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Pasta arrabiata with green beans

Fruit salad

Tea

Cheese omelette, baked beans, new potatoes and vegetable sticks

Yoghurt

Snack(am)

Banana Croissant Milk

Tuesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Roast lamb, roast potatoes, sweetheart cabbage and baby carrots Lemon muffin

Tea

Selection of sandwiches, (cheese, egg, tuna) with vegetable sticks Apple

Snack(am)

Melon Cream crackers Milk

Wednesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Mackerel fish cakes, couscous, grated carrot, raisins and sweetcorn Fruit yoghurt

Tea

Sweet potato and red pepper soup with crusty bread

Orange

Snack(am)

Pear Scotch pancake Milk

Thursday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Turkey burger, bun, sweetcorn & coleslaw

Strawberry cheesake

Tea

Pasta salad (peppers, feta/mozzerlla cheese, olives, avocado) & carrot sticks Yoghurt

Snack(am)

Apple & raisins Oatcake Milk

Friday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Cod bites, peas, wedges

Ice cream and mixed berries

Tea

Cheese and tomato toasties.

Banana

Snack(am)

Melon Crumpet Milk

Little Bears Summer Menu



Monday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Pork sausages, beans & potato hot pot with sliced green beans

Greek yoghurt & berries
Tea

Scrambled egg, bagel & veq

Banana

Snack(am)

Pear Brioche Milk

Tuesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Jerk chicken, rice, peas & salad

Blueberry muffin

Tea

Salmon pasta & sweetcorn salad

Apple

Snack(am)

Banana Oatcake Milk

Wednesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Roast pork, roast potatoes, carrots & peas

Tea

Tomato soup & crusty bread

Melon & pineapple

Snack(am)

Watermelon Rice cake Milk

Thursday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Beef lasagne & green salad

Orange jelly

Tea

Vegetable frittata, baked beans & carrot sticks

Yoghurt

Snack(am)

Orange Cream crackers Milk

Friday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Cod in tomato & basil sauce, jacket potato, grated cheese and petits pois Flapjacks

Tea

Hummus, hock ham, babybel, veg sticks & flatbread Apple

Snack(am)

Melon Biscuit Milk





Monday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Penne pasta in a Mediterranean sauce

Fresh fruit salad

Tea

Jacket potato, hock ham, baked beans, grated cheese & veg sticks

Fruit yoghurt

Snack(am)

Croissant
Grapes/strawberries
Milk

Tuesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Lancashire hotpot with peas

Carrot cake

Tea

Selection of sandwiches (egg, cheese, tuna) & veg sticks

Watermelon

Snack(am)

Pear Rice cake Milk

Wednesday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Minced beef taco with rice & salad

Orange jelly

Tea

Tuna & sweetcorn pasta with veg sticks

Apple

Snack(am)

Melon Crumpet Milk

Thursday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Lime & ginger chicken, couscous, carrot & raisins

Fruit yoghurt

Tea

Cheese quiche, baked beans & potato salad

Orange

Snack(am)

Apple Oatcake Milk

Friday

Breakfast

Selection of cereal, toast, fruit and yoghurt

Lunch

Fish goujons, potato wedges and peas

Blueberries and ice cream

Tea

Cheese, sausage & vegetable kebabs with flat bread

Yoghurt

Snack(am)

Banana Digestive Milk