

Snack(am)

Snack(am)

Week 4

Little Bears Summer Menu



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