

## WESTWARDS SUMMER 2022 MENU

Week 1	Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Rice cakes 	Jacket potatoes with various fillings  Cheese, tuna, baked beans   Banana flapjack 	Pear slices and satsumas	Toasted crumpets with cheese and cucumber   Greek yoghurt / Babies Fromage Frais  
Tuesday	Crackers with cheese  	Vegetarian sausages with homemade vegetable hash  Lemon cake  	Vegetable sticks	Spaghetti on toast   Seasonal Fruit salad
Wednesday	Wholemeal Toast squares  	5 a day bolognaise with pasta   Homemade banana ice cream 	Rice cakes 	Toasted muffins with cheese slices and ham    Blueberries or peach slices with yoghurt 
Thursday	Breadsticks & cream cheese  	Mediterranean Fish Bake with cous cous    Greek yoghurt / Babies Fromage Frais  	Apple slices with cheese slices	Sweetcorn and pea fritters with carrot sticks     Malt loaf 
Friday	Oat cakes with mashed banana  	Chicken and roast veg traybake with rosemary potatoes  Victoria Sponge Cake  	Vegetable sticks	Scrambled eggs on toast    Fruit platter



Gluten



Dairy



Egg








































Fish



Sesame seed

\*All snacks served with milk or water. All puddings are made using no/reduced sugar recipes\*

## WESTWARDS SUMMER 2022 MENU

Week 2	Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Wholemeal Toast squares  	Lentil vegetable curry, served with rice & naan bread   Chocolate Cornflake cakes  	Apple and Pear slices	Bagels with cream cheese spread, ham and cucumber  Greek yoghurt / Babies Fromage Frais  
Tuesday	Crackers with cheese  	Mediterranean Fish Bake with cous cous   Pancake fruity traybake   	Vegetable sticks	Toasted pizza muffins with cheese, ham and veg toppings served   Banana and peach slices
Wednesday	Rice cakes 	Homemade cheese & onion pie served with broccoli   Fruit salad with melon/pineapple	Malt loaf  	Cheese and chive scones with cheese spread and cucumber   Yoghurt and banana 
Thursday	Breadsticks with carrot sticks and cream cheese  	Creamy chicken leek and sweetcorn chowder with crusty bread   Fruity berry jelly	Apple slices with cheese slices	Pitta bread served with Homemade tomato sauce, Raita and vegetable sticks    Fruit loaf 
Friday	Oat cakes with mashed banana  	3 Veg Mac n Cheese   Peach and mango sorbet	Vegetable sticks	Beans on toast   Fruit Platter



Gluten



Dairy



Egg






































Fish



Sesame seed

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## WESTWARDS SUMMER 2022 MENU

Week 3	Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Breadsticks houmous or cheese dip  	Fish cakes, wedges and veg   Greek yoghurt / Babies Fromage Frais  	Peach and apple	Toasted muffins with cheese and ham    Fruit loaf 
Tuesday	Rice cakes 	Chicken and roast veg traybake with rosemary potatoes  Banana Flapjack 	Fruit sticks	Scrambled eggs on toast    Malt loaf 
Wednesday	Oatcakes 	Vegan red pepper pasta   Peach or mango sorbet	Apple and cheese slices	Sweetcorn and pea fritters with carrot sticks     Pear and satsumas
Thursday	Crackers with cheese & cucumber  	Jacket potatoes with various fillings   Cheese, tuna, baked beans  Victoria Sponge Cake  	Vegetable sticks	Mediterranean Cous cous with vegetables   Yoghurt and banana 
Friday	Wholemeal Toast squares  	Deconstructed beef tacos with rice, wraps/pittas    Chocolate Cornflake cakes  	Rice cakes 	Crumpets with cheese spread and cucumber    Seasonal Fruit salad

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Week 4	Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Rice cakes	Macaroni cheese with broccoli Fruit salad with melon/pineapple	Vegetable sticks	Beans on toast Malt loaf
Tuesday	Bread sticks with cream cheese dip	Pulled chicken with chickpeas and cous cous Greek yoghurt / Babies Fromage Frais	Malt loaf	Pitta pockets, with homemade tomato sauce, raita & vegetable sticks Seasonal Fruit salad
Wednesday	Oat cakes with mashed banana	Fish cakes served with homemade wedges and veg Lemon cake	Fruit loaf	Cheese and chive scones with cream cheese and cucumber Apple and pear slices
Thursday	Wholemeal Toast squares	Turkey and courgette pasta bake Vegan Banana bread	Apple and cheese slices	Mediterranean Cous cous with vegetables Greek yoghurt / Babies Fromage Frais
Friday	Banana slices	Lentil vegetable curry, served with rice & naan bread Fruit berry jelly	Vegetable sticks	Toasted pizza muffins with cheese, ham and veg toppings served with cucumber sticks Pear and apple slices

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Fish



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