



Rainbow's Summer Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Vegetable Tortilla Wraps	Rice Cakes with Apple Slices	Buttered Bagel with Cucumber Sticks	Fresh Fruit	Bread Stick with Banana Chunks
Lunch	Lamb Curry with Naan Bread & Cucumber Raita V Quorn Curry  Natural Yoghurt with Mango	V Cheese and Potato Pie with Salad  Seasonal Fresh Fruit	Salmon and Pollock Bake with Green Beans V Pasta Bake  Homemade Fruit Jelly	Paprika Chicken and Sweetcorn with Potato wedges V Paprika Quorn  Banana with Ice Cream	Cheese Scone  Sausage and Vegetable Casserole with Cous Cous V Vegetable Casserole
Afternoon Snack	Rice Cake with Pear Slices	Homemade Savoury Popcorn and Orange Pieces	Cucumber and Carrot Sticks with Crackers and Soft Cheese	Homemade Raisin Bread with Apple	Natural Yoghurt with Strawberries
Afternoon Tea	Fish Fingers with Wholemeal Bread and Tomato Dip B Lentil Bake  Fresh Fruit	Ham or Cheese Salad in a Warm Pitta Bread B Vegetable Casserole  Greek Yoghurt with Peaches	Beans with Toast B Baked Beans with Potato  Fruit Lollies	Tuna and Sweetcorn Pasta with Cucumber Sticks B Pasta Bake  Fromage Frais	Open Rolls with Various Fillings  Orange with Raisins

Please make nursery staff aware if your child has any food allergies or intolerances. Our meals may contain milk, wheat, dairy, fish or egg.









V – Vegetarian Option **B** – Separate Babies Option





Rainbow's Summer Menu

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Pitta Bread with Hummus and Carrot	Crackerbread with Tomato and Spring Onion Salsa	Homemade Savoury Popcorn with Fruit Coulis Dip	Crackers with Cheese	Fresh Fruit
Lunch	Salmon Pate on toast  V Macaroni Cheese with Pasta and Side Salad	Sausage Plait, Boiled Potatoes and Beans V Vegetable Plait  Banana Bread	Lamb stew with Couscous and Runner Beans V Lentil Casserole  Fresh Fruit	Fish Fingers with Mashed Potatoes and peas V Vegetarian Fingers  Frozen Fruit Yoghurt	Spicy Chicken with Rice V Spicy Vegetables  Apple, Cheese and Crackers
Afternoon Snack	Raisins with Orange Segments	Fresh Fruit	Fruited Bagel with Grape slices	Rice Cakes with Natural Yoghurt and Orange Pieces	Greek Yoghurt with Honey
Afternoon Tea	Chicken, Egg, Cress and Cucumber Sandwiches B Risotto  Greek Yoghurt with Strawberries	Crumpets with Cheese Slices and Tomato B Macaroni Bake  Natural Yoghurt with Mango	Pizza with Side Salad B Cauliflower Cheese  Fruit Jelly	Pitta Pockets with Ham, Tuna with Side Salad B Vegetable Casserole  Fresh Fruit	Muffins with Various Fillings B Vegetable Fingers  Water Melon Lollies

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Rainbow's Summer Menu

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Bread Stick with Various Dips	Fresh Fruit	Buttered Bread with Apple	Tortilla Wrap with Tomato Dip and Cucumber Sticks	Rice Cakes with Orange Slices
Lunch	Salmon/Pollock Bake with Cheese Sauce, Boiled Potatoes and Broccoli V Cheese & Potato Bake  Banana and Raisins	Tuna Pate on Toast  V Mixed Bean and Vegetable Stew with Cous Cous	V Vegetable Lasagne with Salad  Natural Yoghurt with Orange Segments	Chicken Pie with New Potato and Carrots V Quorn Pie  Fresh Fruit	Tuna Bake with Pasta and Side Salad V Vegetable Bake  Frozen Fruit with Yoghurt
Afternoon Snack	Vegetable Couscous	Fromage Frais with Pineapple Chunks	Cheese Chunks with Carrot and Pepper Sticks	Homemade Savoury Popcorn with Fruit Coulis Dip	Buttered Fruit Bread
Afternoon Tea	Homemade Soup with a Wholemeal Roll B Soup  Greek Yoghurt with Fruit	Chicken and Cheese Sandwiches with Side Salad B Sausage Casserole  Peaches and Pears	Jacket Potato with Tuna and Baked Beans B Tuna Bake  Fresh Fruit	Hawaiian Pasta Salad B Potato Pie  Natural Yoghurt with Melon Lollies	Scrambled Eggs with Sweetcorn and Homemade Bread B Lentil Bake  Banana and Pear

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Rainbow's Summer Menus

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Selection of Fresh Fruit	Pitta Bread with Hummus	Natural Yoghurt with Pineapple	Cracker Bread with Tomato Salsa	Popcorn with Cherry Tomatoes
Lunch	V Homemade Pizza with Side Salad  Semolina with Fruit Coulis	Turkey, Broccoli and Potato Bake served with Sweetcorn V Quorn Pie  Apple, Cheese and Crackers	Naan Bread  Chicken Curry with Rice V Potato Curry	Sausage casserole with Bread and Butter V Vegetable Casserole  Natural Yoghurt with Banana	V Vegetable Chilli with Rice  Fresh Fruit
Afternoon Snack	Vegetable Sticks with Tzatziki	Greek Yoghurt with Wholegrain Cereals	Fresh Fruit	Homemade Savoury Popcorn with Apple	Crackers and Soft Cheese with Orange
Afternoon Tea	Tuna and Chilli on Mini Jacket Potatoes B Tuna Pie  Fruit Lollies	Beans on Toast B Beans with Bread and Butter  Fresh Fruit	Ham or Cheese Pitta Pockets with Side Salad B Sausage Casserole  Pear and Peach Slices	Vegetable Wraps with Baked Beans B Lentil Bake  Grapes, Melon and Plum	Chicken Goujons, Sweetcorn with Mayonnaise Dip and Homemade Bread B Pasta Bake  Mini Yoghurt

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Rainbow's Summer Menu

WEEK 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Pitta Bread with Hummus Dip and Carrot Sticks	Buttered Cracker Bread with Apples Slices	Seasonal Fruit	Breadstick with Tomato Dip and Cucumber Sticks	Blueberry Bagel with Pear Slices
Lunch	Chicken Casserole with New Potatoes V Butter Bean Casserole  Fresh Fruit	V Red Lentil and Vegetable curry with Rice and Naan Bread  Fromage Fraise	Pork, Apple and Vegetable Cobbler V Vegetable Cobbler  Fruit with Ice Cream	Bruschetta (Tomato)  Spaghetti Bolognese V Vegetarian Bolognese	V Vegetable Fingers with Potatoes and Salad  Rice Pudding with Fresh Fruit Coulis
Afternoon Snack	Popcorn with Mini Tomatoes	Fresh Fruit	Crackerbread with Cucumber Raita	Natural Yoghurt with Whole Grain Cereals	Vegetable Sticks with Thousand Island Dip
Afternoon Tea	Scrambled Eggs with English Muffins and Tomato Dip  Peach and Pear	Jacket Potato with Cheese and Ham B Cauliflower Cheese  Honey Dew Melon Boats	Vegetable Pasta Salad B Macaroni Bake  Greek Yoghurt with Frozen Mango pieces	Ham, Egg and Soft Cheese Open Rolls B Tuna Pie  Fresh Fruit	Homemade Soup with a Wholemeal Roll  Fruit Lollies

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