



Rainbow's Summer Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Vegetable Tortilla Wraps	Cracker with Apple Slices	Buttered Bagel with Pear Slices	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 Bake with Green Beans V Pasta Bake  Homemade Fruit Jelly	Paprika Chicken and Sweetcorn with Potato wedges V Paprika Quorn  Banana with Ice Cream	Quesadillas  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	Fruit Loaf 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	Muffins with Various Fillings and Cucumber Sticks B Vegetable Fingers  Fromage Frais	Cheese Topped, Tomato Pasta Bake  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	Vegetable Soup  Sausage Pie with New Potatoes ✓ Vegetable and Bean Pie	Lamb Stew with Cous Cous and Runner Beans ✓ Lentil Casserole  Fresh Fruit	✓ Vegetable Fingers with Potatoes and Beans  Rice Pudding with Raisins and Cinnamon	Tuna Bake with Pasta and Side Salad ✓ Vegetable Bake  Frozen Fruit with Yoghurt	Cajun Chicken with Rice ✓ Spicy Vegetables  Apple, Cheese and Crackers
Afternoon Snack	Fresh Fruit	Raisins with Orange Segments	Fruited Bagel with Grape slices	Rice Cakes with 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 Cherry Tomatoes B Macaroni Bake  Natural Yoghurt with Mango	Pitta Pockets with Ham, Tuna with Side Salad B Vegetable Casserole  Fruit Jelly	Pizza with Side Salad B Cauliflower Cheese  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	Cracker with Apple	Tortilla Wrap with Tomato Dip and Cucumber Sticks	Rice Cakes with Orange Slices
Lunch	Chicken Casserole with New Potatoes ✓ Butter Bean Casserole  Banana and Blueberry Pancakes with Raspberry Coulis	Pork, Apple and Vegetable Cobbler ✓ Vegetable Cobbler  Seasonal Fruit with Ice Cream	Sweet Potato Fries with Guacamole/Salsa Dips  Spaghetti Bolognese ✓ Vegetarian Bolognese	✓ Chickpea and Kale Tagine with Apricot Cous Cous  Banana Bread	Cheesy Fish with Boiled Potatoes and Broccoli ✓ Cheese and Potato Bake  Apple and Raisins
Afternoon Snack	Bagel with Pear Slices	Homemade Savoury Popcorn with Fruit Coulis Dip	Cheese Chunks with Carrot and Pepper Sticks	Fromage Frais with Pineapple Chunks	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	Scrambled Eggs with Sweetcorn and Homemade Bread B Lentil Bake  Plum and Grapes	Hawaiian Pasta Salad B Potato Pie  Natural Yoghurt with Melon

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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 Macaroni Cheese with Side Salad  Banana with Raisins	Chicken Pie with New Potatoes and Carrots V Quorn Pie  Apple, Cheese and Crackers	V Homemade Pizza with Side Salad  Semolina with Fruit Coulis	Naan Bread  Lamb Curry with Rice V Potato Curry	Salmon Pate on Toast V Tomato Pate on Toast  V Ratatouille Lasagne with Salad
Afternoon Snack	Homemade Savoury Popcorn with Apple	Greek Yoghurt with Wholegrain Cereals	Fresh Fruit	Vegetable Sticks with Tzatziki	Crackers and Soft Cheese with Orange
Afternoon Tea	Chilli on Mini Jacket Potatoes B Tuna Pie  Fruit Lollies	Beans on Toast B Beans with Bread and Butter  Fresh Fruit	Hawaiian Pasta with Vegetables B Sausage Casserole  Pear and Peach Slices	Chicken Goujons, Sweetcorn with Mayonnaise Dip and Homemade Bread B Pasta Bake  Mini Yoghurt	Open Rolls with Various Fillings B Lentil Bake  Grapes, Melon and Plum

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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 Fruit Bread with Apples Slices	Seasonal Fruit	Breadstick with Tomato Dip and Cucumber Sticks	Blueberry Bagel with Pear Slices
Lunch	V Vegetable Chilli with Rice  Fresh Fruit	Homemade Cheese Scone  Fish Fingers with Wraps and Side Salad V Vegetable Fingers	Chicken Stew with New Potatoes V Quorn Stew  Frozen Fruit Yoghurt	Sausage Casserole with Bread and Butter V Vegetable Casserole  Natural Yoghurt with Banana	V Red Lentil and Vegetable Curry with Rice and Naan Bread  Fromage Fraise
Afternoon Snack	Natural Yoghurt with Whole Grain Cereals	Fresh Fruit	Crackerbread with Cucumber Raita	Popcorn with Mini Tomatoes	Vegetable Sticks with Thousand Island Dip
Afternoon Tea	Scrambled Eggs with Muffins and Dip B Vegetable Casserole  Peach and Pear	Jacket Potato with Cheese and Ham B Cauliflower Cheese  Honey Dew Melon Boats	Ham, Egg and Soft Cheese Open Rolls B Tuna Pie  Fresh Fruit	Vegetable Pasta Salad B Macaroni Bake  Greek Yoghurt with Frozen Mango pieces	Homemade Soup with a Wholemeal Roll  Fruit Lollies

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