

Little Rays Menu - Summer / Autumn

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Fruit & Rice cakes & Milk Crumpets & sardines Pasta with tomato sauce Vegetable sticks, cheese & crackers	Vegetable sticks & Breadsticks & Milk Fish fingers with potato wedges Fruit, guacamole & toast	Fruit & Toast & Milk Tea cakes Rainbow risotto Vegetable sticks, cream cheese & breadsticks	Vegetable sticks & Crackers & Milk Spaghetti bolognaise Fruit, houmous & rice cakes	Fruit & Rice cakes & Milk Pitta pizzas Vegetable sticks, cheese & crackers
WEEK 2	Vegetable sticks & Breadsticks & Milk Tea cakes Vegetable & bean chilli with rice Fruit, houmous & rice cakes	Fruit & Toast & Milk Spanish omelette Vegetable sticks, cheese & crackers	Vegetable sticks & Crackers & Milk Scotch pancakes Jacket potato with tuna mayo & sweetcorn Fruit, guacamole & toast	Fruit & Rice cakes & Milk Lentil curry with rice Vegetable sticks, cream cheese & breadsticks	Vegetable sticks & Breadsticks & Milk Meatballs, tomato sauce & pasta Fruit, houmous & rice cakes
WEEK 3	Fruit & Toast & Milk Scotch pancakes Jacket potato with beans Vegetable sticks, cream cheese & breadsticks	Vegetable sticks & Crackers & Milk Sweet & sour quorn with rice Fruit, houmous & rice cakes	Fruit & Rice cakes & Milk English muffins Mascarpone & tomato pasta Vegetable sticks, cheese & crackers	Vegetable sticks & Breadsticks & Milk Fishcakes Fruit, guacamole & toast	Fruit & Toast & Milk Stir fry noodles Vegetable sticks, cream cheese & breadsticks
WEEK 4	Vegetable sticks & Crackers & Milk English muffins Vegetable curry with couscous Fruit, guacamole & toast	Fruit & Rice cakes & Milk Mexican bean quesadilla Vegetable sticks, cream cheese & breadsticks	Vegetable sticks & Breadsticks & Milk Crumpets Sweet potato curry Fruit, houmous & rice cakes	Fruit & Toast & Milk Toad in the hole Vegetable sticks, cheese & crackers	Vegetable sticks, Tinned mackerel & Crackers & Milk Chicken fajitas Fruit, guacamole & toast

All food is cooked from scratch on site. Any children who attend for breakfast will be given wholegrain cereal with milk. All main meals have salad / seasonal fresh cooked vegetable sides and grated cheese where appropriate. Puddings are usually unsweetened yoghurt or fresh fruit. Exact ingredients of meals including allergens can be provided on request. This menu will be modified as appropriate when children with known allergies or dietary requirements attend. Special menus will apply when festivals / cultural events are being explored as part of our curriculum.