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Tatsfield Spring/Summer Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast
AM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Sweet potato and bean chilli with brown rice	Beef bolognaise sauce with potato wedges	Chicken pie with new potatoes & vegetables	Chicken & aubergine curry with brown rice	Cheesy pasta & peas
Vegetarian	Sweet potato and bean chilli with brown rice	Quorn bolognaise sauce with potato wedges	Quorn pie with new potatoes & vegetables	Quorn & aubergine curry with brown rice	Cheesy pasta & peas
Pudding	Fruit salad	Fruit compote with yogurt	Summer fruit & apple crumble	Fruit compote with yogurt	Banana loaf
PM Snack	Wholegrain Rice cake	Breadsticks	Hummus with pitta bread	Oatcakes with cream cheese	Salad sticks
Tea	Crumpets & salad sticks	Pitta pizza	Ploughman's tea	Jacket potato with baked beans	Cheese muffin
Pudding	Fruit	Fruit	Fruit	Fruit	Fruit

Please speak to a member of staff if you require any allergen information in line with our menus.

Tatsfield Spring/Summer Menu

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast
AM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Chickpea & vegetable biryani	Red lentil pasta with roasted vegetable sauce and cheese	Mild chilli beef bowl with potato wedges	Chicken, tomato & bean stew (Spanish style) with wholemeal bread	Chicken fajitas with wholemeal wraps
Vegetarian	Chickpea & vegetable biryani	Red lentil pasta with roasted vegetable sauce and cheese	Mild chilli Quorn bowl with potato wedges	Tomato & bean stew (Spanish style) with wholemeal bread	Vegetable fajitas with wholemeal wraps
Pudding	Fruit compote with yogurt	Baked cinnamon apples	Melon melody	Fruit scones	Fruit compote with yogurt
PM Snack	Rice cakes	Salad sticks	Breadsticks	Hummus & pitta	Oatcakes & cream cheese
Tea	Sausage rolls and salad sticks	Cream cheese bagel	Salad, pitta with dips	Roasted vegetable cous cous & tomato sauce	Jacket potato, cheese & beans
Pudding	Mixed fruit	Mixed fruit	Mixed fruit	Mixed fruit	Mixed fruit

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Tatsfield Spring/Summer Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast
AM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Coconut, chickpea & vegetable curry with rice	Chicken & leek potato topped pie	Moroccan chickpea & apricot stew	Roasted vegetable pasta bake	Beef lasagne
Vegetarian	Coconut, chickpea & vegetable curry with rice	Cannellini bean & leek potato topped pie	Moroccan chickpea & apricot stew	Roasted vegetable pasta bake	Vegetable lasagne
Pudding	Fruit compote with yogurt	Fruit loaf	Fruit compote with yogurt	Peach & apple crumble	Make your own smoothie
PM Snack	Oatcakes & cream cheese	Rice cakes	Salad sticks	Hummus & pitta	Breadsticks
Tea	Pitta pizza	Picky bits tea-hummus, bread roll, cheese, apple, carrot & cucumber	Jacket potatoes with tuna	Cream cheese bagel	Ploughman's tea
Pudding	Mixed fruit	Mixed fruit	Mixed fruit	Mixed fruit	Mixed fruit

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Tatsfield Spring/Summer Menu

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast	Choice of cereals or toast
AM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Spinach & lentil dahl with rice	Pasta bolognaise	Veggie & bean quesadillas & a side of sweet potatoes	Spanish chicken with brown rice	Greek chicken with potato wedges
Vegetarian	Spinach & lentil dahl with rice	Vegetarian pasta bolognaise	Veggie & bean quesadillas. Side of sweet potatoes	Spanish vegetables with brown rice	Greek Quorn pieces with potato wedges
Pudding	Whipped ricotta with tinned peaches	Homemade ice lollies	Fruit compote with yogurt	Fruit salad	Fruit compote with yogurt
PM Snack	Breadsticks	Oatcakes with cream cheese	Rice cakes	Salad sticks	Hummus with pitta
Tea	Crumpets with salad sticks	Baked beans on toast	Pitta platter	Tuna & tomato pasta bake	Cheese & cucumber sandwich
Pudding	Mixed fruit	Mixed fruit	Mixed fruit	Mixed fruit	Mixed fruit

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