

# The Red Squirrel Children's Nursery

## SUMMER MENU

| Week 1              | MONDAY                   | TUESDAY                              | WEDNESDAY                                          | THURSDAY                                  | FRIDAY                                             |
|---------------------|--------------------------|--------------------------------------|----------------------------------------------------|-------------------------------------------|----------------------------------------------------|
| MORNING SNACK       | Banana Sushi             | Radish & Red Onion Bread with Butter | Strawberry & Oat Breakfast Bars                    | Coconut & Kale Muffin                     | Lemon Greek Yoghurt Pancake                        |
|                     | Fruit                    | Fruit                                | Fruit                                              | Fruit                                     | Fruit                                              |
| LUNCH               | Lemon Chicken Stew       | Cauliflower Shell Pasta Bake         | South African Bobotie with Broccoli Rice           | Salmon Curly Pasta                        | Turkey & Sweet Potato Curry                        |
| VEGETARIAN LUNCH    | Lemon Chickpea Stew      | Cauliflower Shell Pasta Bake         | South African Vegetable Bobotie with Broccoli Rice | Courgette Curly Pasta                     | Quorn & Sweet Potato Curry                         |
| DESSERT             | Apple & Blackberry Slump | Orange Creamsicle                    | Mango Coconut Chai Pudding                         | Summer Berry Crumble with Natural Yoghurt | Fruit Salad with Honey, Lime & Poppy Seed dressing |
| HIGH TEA            | Asparagus Pea Gnocchi    | Haddock Flan with mixed Salad        | Black Bean & Carrot Taquitos with Sour Cream       | Hawaiian Carrot & Pineapple Rice          | Pizza Baked Potatoes                               |
| VEGETARIAN HIGH TEA | Asparagus Pea Gnocchi    | Mushroom Flan with mixed Salad       | Black bean & Carrot Taquitos with Sour Cream       | Hawaiian Carrot & Pineapple Rice          | Pizza Baked Potatoes                               |
|                     | Fruit                    | Fruit                                | Fruit                                              | Fruit                                     | Fruit                                              |