**Colchester Summer Menu**

**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereals and Toast | Cereals and Toast | Cereals and Toast | Cereals and Toast | Cereals and Toast |
| **Morning Snack** | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter |
| **Lunch** | Chicken Curry with Rice | Shepherd’s Pie served with Green Beans | Roast Turkey with Roast Potatoes, Carrots and Peas | Sausages, Mash and Pies | Flaked Salmon, Pea and Potato Salad |
| **Afternoon Snack** | Vegetable Crudites with Humous | Vegetable Crudites with Water Biscuits | Vegetable Crudites with Crackers | Vegetable Crudites with Tomato Salsa | Vegetable Crudites with Cheese Sticks |
| **Tea** | Macaroni Cheese with Broccoli | Jacket Potato with a choice of fillings | Vegetable Chilli Con Carne and Toasted  Bread | Vegetable Lasagne served with Salad | Vegetable Risotto |
| **Pudding** | Fresh Fruit Yoghurt | Fruit Flapjack served with Milk | Fresh Fruit Salad | Natural Yoghurt with Peaches | Golden Syrup, Cinnamon and Oat Biscuits |
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**Colchester Summer Menu**

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereals and Toast | Cereals and Toast | Cereals and Toast | Cereals and Toast | Cereals and Toast |
| **Morning Snack** | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter |
| **Lunch** | Sweet and Sour Chicken and Rice | Tuna and Sweetcorn Pasta Bake with Garlic Bread | Roast Chicken with Roasted New Potatoes and Sweetcorn | Meatballs in Tomato Sauce and Spaghetti | Fish Cakes with Wedges and Sweetcorn |
| **Afternoon Snack** | Vegetable Crudites with Humous | Vegetable Crudites with Water Biscuits | Vegetable Crudites with Crackers | Vegetable Crudites with Tomato Salsa | Vegetable Crudites with Cheese Sticks |
| **Tea** | Selection of Finger Sandwiches & Wraps, served with Pasta Salad | Bean and Vegetable Enchiladas | Mediterranean Vegetable Rice | Jacket Potato with a choice of fillings | Cheesy Peasy Pasta |
| **Pudding** | Fresh Fruit Yoghurt | Jelly | Fresh Fruit Selection served with Milk | Lemon Shortbread served with Milk | Fruit Flapjack served with Milk |
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**Colchester Summer Menu**

**Week 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereals and Toast | Cereals and Toast | Cereals and Toast | Cereals and Toast | Cereals and Toast |
| **Morning Snack** | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter |
| **Lunch** | Spanish Chicken with Diced Sweet Potato | Sausages, Potato Wedges and Fresh Vegetables | Chicken with Herby Potatoes and Mixed Vegetables | Spaghetti Bolognese served with Garlic Bread | Fisherman’s Pie |
| **Afternoon Snack** | Vegetable Crudites with Humous | Vegetable Crudites with Water Biscuits | Vegetable Crudites with Crackers | Vegetable Crudites with Tomato Salsa | Vegetable Crudites with Cheese Sticks |
| **Tea** | Sweetcorn and Leek Pasta Bake | Mexican Bean Chilli Enchiladas | Jacket Potato with a choice of fillings | Sweet Potato Curry served with Rice | Spinach, Tomato & Basil Penne |
| **Pudding** | Fruit Crumble served with Milk | Fresh Fruit Yoghurt | Vanilla and Chocolate Shortbread | Jelly | Cranberry & Parsnip Flapjack served with Milk |
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**Colchester Summer Menu**

**Week 4**

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| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Cereals and Toast | Cereals and Toast | Cereals and Toast | Cereals and Toast | Cereals and Toast |
| **Morning Snack** | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter | Fresh Fruit Platter |
| **Lunch** | Cheesy Peasy Pasta | Mince Beef Chilli with Rice | Roast Chicken with Mash and Green Beans | Sausages with Potato Wedges and Sweetcorn | Cod Goujons served with Diced Potatoes and Peas |
| **Afternoon Snack** | Vegetable Crudites with Humous | Vegetable Crudites with Water Biscuits | Vegetable Crudites with Crackers | Vegetable Crudites with Tomato Salsa | Vegetable Crudites with Cheese Sticks |
| **Tea** | Mixed Vegetable  & Red Pepper Fajitas | Jacket Potato with a choice of fillings | Mediterranean Vegetable Penne | Mushroom Risotto | Hidden Vegetable Macaroni Cheese |
| **Pudding** | Vanilla Ice Cream served with Fresh Fruit | Chocolate Krispie Cake served with Milk | Fresh Fruit Yoghurt / DF Fruit Yoghurt | Lemon Shortbread Biscuit served with Milk | Apple and Blueberry Compote served with Natural Yoghurt |
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