

Holy Trinity Summer Week 1 Menu



Preschool Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (GW), Cornflakes (GW), Rice Krispies (GW), Cheerios (GW) and Shreddies (GW)				
Bread	Wholemeal Toast (GW) (SOY), bagels (GW) (D), crumpets (GW) (D), and English muffins (GW) (D)				
Spreads	Jam, honey, dairy free spread and butter (D)				
Fruit	Assorted fruit				
Drink	Water, milk (D), orange juice and apple juice				

Lunch

Week 1				
Monday	Tuesday	Wednesday	Thursday*	Friday
Jacket potato with tuna mayo (E), (FISH), cheese (D) and baked beans	Chicken thighs with roast potatoes, green beans and carrots	Macaroni tomato pasta bake topped with applewood cheese (GW), (D)	Roasted chicken Katsu curry and rice served with flatbreads (GW) *Competition winner, Luella, Springfield	Fish/salmon fish cake (GW), (FISH) and chips with peas and tartare sauce
Vegetarian Option				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato and cheddar cheese (D) and dressed green beans	Seasoned cauliflower steak w/roast potatoes, green beans and carrots	Macaroni tomato pasta bake topped with applewood cheese (GW), (D)	Vegetable tempeh (GW), (SOY) katsu curry and rice Served with flatbreads (GW)	Mixed bean and roasted pepper vegan Taco (GW) with chips
Salad Bar				
Tomato and basil balsamic (sulphites) beetroot	Sweetcorn & cucumber	Grated carrot greek salad (D)	Baby gem with minted yoghurt (D)	Sliced cucumber & sweetcorn
Desert				
Fruit	Flapjack (D)(GW)	Greek yoghurt with mango puree (D)	Baked vanilla sponge and custard (GW) (E) (D)	Fresh fruit, fruit ice lollies/ ice cream (D)

Preschool Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday
Main / Vegetable Dish	Pitta bread (GW) with houmous (sesame) sliced cheese (D)	Slow baked potato, grated cheese (D) with baked beans	Slow baked chicken/roasted cauliflower with crispy potatoes	Pasta (GW) in a tomato and basil sauce	Vegetable coconut curry
Vegetable	Peppers and cucumber	Tomato and olive salad	Mixed vegetables	Broccoli	Steamed rice
Dessert	Fresh fruit	Yoghurt (D)	Fresh fruit	Yoghurt (D)	Fresh fruit

(GW) - GLUTEN WHEAT (GS) - GLUTEN SEMOLINA (D) - DAIRY (E) - EGG (SOY) - SOY (FISH) - FISH (S) - SESAME

Holy Trinity Summer Week 2 Menu



Preschool Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (GW), Cornflakes (GW), Rice Krispies (GW), Cheerios (GW) and Shreddies (GW)				
Bread	Wholemeal Toast (GW) (SOY), bagels (GW) (D), crumpets (GW) (D), and English muffins (GW) (D)				
Spreads	Jam, honey, dairy free spread and butter (D)				
Fruit	Assorted fruit				
Drink	Water, milk (D), orange juice and apple juice				

Lunch

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Sweet & sour (SOY) (SULPHITE) chicken w/ noodles (E), (GW)	Roast pepper and mozzarella, tomato pizza (cheese and tomato), (GW), (D), baby potato and chive salad	Cajun chicken wrap herb lime bulgar wheat (GW), guacamole	Lamb bolognese spaghetti (GW) served with parmesan cheese (D)	Moroccan chicken burger (GW) with chips gherkins, mayo, ketchup (CELERY)
Vegetarian Option				
Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable sweet and sour noodles (E), (GW)	Roast pepper and mozzarella, tomato pizza (cheese and tomato), (GW), (D), baby potato and chive salad	Vegetable bean wrap, herb lime bulgar wheat (GW), guacamole	Vegetable and lentil ragu with spaghetti (GW) served with parmesan cheese (D)	Veggie tofu (SOY) burger with chips gherkins, mayo, ketchup (CELERY)
Salad Bar				
Green beans with lemon oil & cherry tomatoes	Caesar salad & beetroot	Sweetcorn & coleslaw	Tomato, oregano, olive & cucumber	Grated carrot & iceberg lettuce
Desert				
Fruit	Carrot cake (GW), (D), (E)	Greek yoghurt (D) with fresh summer berries	Chocolate sponge cake with custard (GW), (D), (E), (SOYA)	Fruit/ice cream (D)

Preschool Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday
Main / Vegetable Dish	Pitta bread (GW) with houmous (S) sliced cheese (D)	Chicken/vegetable stir fry with steamed rice	Roast pepper and tomato focaccia (D) (GW)	Vegetable and Mexican ragu	Penne (GW) pasta with lamb/vegetable provencale
Vegetable	Peppers and cucumber	sweetcorn	Olive and cucumber salad	Herbed couscous (GS)	Green beans
Dessert	Fresh fruit	Yoghurt (D)	Fresh fruit	Yoghurt (D)	Fresh fruit

(GW) - GLUTEN WHEAT (GS) - GLUTEN SEMOLINA (D) - DAIRY (E) - EGG (SOY) - SOY (FISH) - FISH (S) - SESAME