**Summer / Haf Menu Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday / Dydd Llun** | **Tuesday / Dydd Mawrth** | **Wednesday / Dydd Mercher** | **Thursday / Dydd Iau** | **Friday / Dydd Gwener** |
| **Breakfast / Brecwast** | Selection of cereal Milk or Water | Selection of cerealMilk or Water | Selection of cerealMilk or Water |  Selection of cerealMilk or Water | Selection of cerealMilk or Water |
| **Snack (am) / Snac** | Breadstick and Houmous Dip Milk or Water | Selection of Fresh FruitMilk or Water | Selection of Fresh Fruit Milk or Water | Wholemeal Toast with Avocado Milk or Water | Selection of Fresh Fruit   Milk or Water |
| **Lunch / Cinio** | **Mild Mexican Bean Chilli**Lamb or Beef Mince with mild chilli sauce, onions, peppers served with Nachos | **Chicken Hot Pot**Diced Chicken, onion, celery and carrots cooked in a rich stock and topped with sliced potatoes.Served with seasonal vegetables. | **Fish Cakes and Mash** Fish Cakes, with fluffy mash potato served with peas and a choice of parsley sauce  | **Homemade Lasagne** Lamb or Beef Mince, Served with homemade potato wedges and Broccoli | **Sausage Dinner**Chicken or Beef Sausages with creamy mash potato served with mixed vegetables and gravy |
| **Dessert / Pwdin** | Fresh fruit and Greek Yoghurt | Banana Mousse served with Fresh Bananas | Fresh Fruit and Jelly | Homemade blueberry muffins | Fruit Platter  |
| **Tea / Te** | **Selection of Toasties**Wholemeal bread with a choice of fillings served with cucumber sticks and cherry tomatoes | **Crackers and Cheese**Crackers with Cheese Cubes served with cucumber and carrot sticks | **Hot Dogs** Chicken or Beef Hot Dogs in a Bun served with vegetable sticks | **Leek and Potato Soup**Leek and Potato Soup served with wholemeal bread and butter  | **Tuna Pasta** Tuna and Sweetcorn Pasta served with side salad |
| **Snack (pm) / Snac** | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water | Rice Cake with Cream CheeseMilk or Water | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water |

**Summer / Haf Menu Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 2** | **Monday / Dydd Llun** | **Tuesday / Dydd Mawrth** | **Wednesday / Dydd Mercher** | **Thursday / Dydd Iau** | **Friday / Dydd Gwener** |
| **Breakfast / Brecwast** | Selection of cerealMilk or Water | Selection of cerealMilk or Water | Selection of cerealMilk or Water | Selection of cerealMilk or Water | Selection of cerealMilk or Water |
| **Snack (am) / Snac** | Carrot and Cucumber Sticks with a homemade mint dipMilk or Water | Selection of Fresh FruitMilk or Water | Selection of Fresh FruitMilk or Water | Homemade low sugar plain pancake with Banana SlicesMilk or Water | Selection of Fresh FruitMilk or Water |
| **Lunch / Cinio** | **Hunters Chicken**Chicken Breasts with BBQ, Roast potatoes served with Peas and Sweetcorn | **Spinach and Sweet Potato Dahl**Spinach, Sweet Potato and Lentil Dahl served with rice | **Cottage Pie**Lamb or Beef Mince, served with seasonal vegetables. | **Cheese and Broccoli Pasta Bake**Cheese and Broccoli pasta baked served with Garlic Bread | **Fish Fingers and Potato Stars**Fish Fingers, Potato Stars served with a selection of vegetables |
| **Dessert / Pwdin** | Strawberry Mousse served with Fresh Strawberries | Fromage Frais | Fruit Flan | Jam Sponge and Custard | Fresh Fruit and Greek Yoghurt  |
| **Tea / Te** | **Selection of Sandwiches**Wholemeal bread with a choice of fillings served with cucumber sticks and cherry tomatoes | **Pizza Bagels**Homemade pizza bagels served with watermelon | **Pesto Pasta**Pesto pasta served with side salad | **Cracker Bread**Cracker bread, with cheese cubes and vegetable sticks. | **Homemade Frittata**Frittata with spinach, onions and mushrooms |
| **Snack (pm) / Snac** | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water | Wholemeal Pitta bread fingers with mild salsa dip.Milk or Water | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water |

**Summer / Haf Menu Week 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 3** | **Monday / Dydd Llun** | **Tuesday / Dydd Mawrth** | **Wednesday / Dydd Mercher** | **Thursday / Dydd Iau** | **Friday / Dydd Gwener** |
| **Breakfast / Brecwast** | Selection of cereal Milk or Water | Selection of cerealMilk or Water | Selection of cerealMilk or Water | Selection of cerealMilk or Water | Selection of cerealMilk or Water |
| **Snack (am) / Snac** | Wholemeal Tortilla Wrap with Guacamole DipMilk or Water | Selection of Fresh FruitMilk or Water | Selection of Fresh FruitMilk or Water | Wholemeal Bagel with Cream CheeseMilk or Water | Selection of Fresh Fruit Milk or Water |
| **Lunch / Cinio** | **Fish Pie** Salmon fish pie served with green beans | **Vegetable Curry** Fresh vegetable pieces in a korma sauce, Served with Rice and Naan Bread | **Toad in the Hole**Homemade toad in the hole with baby potatoes and gravy. Served with seasonal vegetables | **Spaghetti Bolognaise** Lamb or Beef mince in a bolognaise sauce with hidden vegetables, served on Pasta | **Cheese and Potato Pie** Fluffy mash potato with cheese served with baked beans |
| **Dessert / Pwdin** | Meringue nests and fresh Raspberries  | Chocolate Mousse  | Fromage Frais | Fresh Fruit and Ice Cream | Fresh fruit and Greek Yoghurt |
| **Tea / Te** | **Beans on Toast** Baked beans on wholemeal bread | **Vegetable Noodles**Vegetable noodles served with broccoli and peas | **Tomato Soup** Tomato Soup served with whole meal bread and butter | **Healthy Wraps**Wholemeal wraps served with a choice of fillings and vegetable sticks. | **Mediterranean Pasta**Mediterranean pasta served with onions, peppers and celery  |
| **Snack (pm) / Snac** | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water | Plain English MuffinMilk or Water | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water | Choice of fresh fruits OR vegetable sticks and dipsMilk or Water |