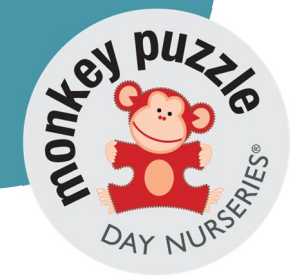


# Hither Green Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Cereal with Milk	Selection of Cereal with Milk	Selection of Cereal with Milk	Selection of Cereal with Milk	Selection of Cereal with Milk
<b>Mid-Morning Snack</b> Served with water/milk	Apple with Bagels & Spread	Banana with Breadstick	Strawberries with Pitta & Spread	Melon with Crackers and Cream Cheese	Pear with Crumpets & Cream Cheese
<b>Lunch</b> Served with water/milk	Tuna Pasta Bake with Broccoli and Carrot Sticks on the side	Warm Chicken/Quorn, Vegetable Risotto with Garlic Bread on the side	Beef Lasagna with hidden Vegetables served with a simple Green Salad	Fish Cakes with Boiled New Potatoes and Mushy Peas	Lamb Stew served with Brown Rice and Green Beans
<b>Dessert</b>	Yoghurt	Apples	Watermelon	Satsumas	Homemade Berry Smoothie
<b>Mid Afternoon Snack</b> Served with water/milk	Cucumber sticks with Homemade Humous on the side	Pear Slices	Pineapple Sticks	Par Boiled Carrot Batons	Orange Slices
<b>Afternoon Tea</b> Served with water/milk	Egg & Mayo Sandwiches on Brown Bread served with Tomatoes and Sweetcorn on the side	Jacket Potato filled with Beans and Cheese. Cucumber Sticks on the side	Sausage Rolls served with Coleslaw and Apples	Classic Macaroni and Cheese Bake served with Red and Yellow Pepper Sticks on the side	Tuna Pasta Salad, mixed with Cucumber, Tomatoes. Cheese and Peppers
<b>Dessert</b>	Homemade Fruit Smoothie	Yoghurt and Dried Apricots	Carrot Batons (par boiled)	Stewed Fruit with a bit of cinnamon	Banana and Custard

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



# Hither Green Summer Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Cereal with Milk	Selection of Cereal with Milk	Selection of Cereal with Milk	Selection of Cereal with Milk	Selection of Cereal with Milk
<b>Mid-Morning Snack</b> Served with water/milk	English Muffin with Spread and Cucumber	Melon with Crackers and Cream Cheese	Pear with Breadsticks	Pineapple with Rice Cakes	Strawberries with Bagels
<b>Lunch</b> Served with water/milk	Chicken Korma served with Wholegrain Rice	Classic British Fish Pie served with Minted Peas on the side	Pork Casserole served with Mashed Potatoes and Seasonal Vegetables	Beef Stroganoff (or Beans) with hidden Mushrooms served with White Rice. Red and Yellow Peppers on the side	Lemon Chicken served with Potato Wedges. Sides consisting of Cucumber Sticks and Tomatoes
<b>Dessert</b>	Watermelon	Oranges	Frozen Greek Yoghurt & Smashed Berries Stick	Melon	Mango Slices
<b>Mid Afternoon Snack</b> Served with water/milk	Pineapple and Apple Sticks	Banana and Strawberries	Pear and Mango Slices	Grapes and Crackers with Spread	Red and Yellow Pepper with Cheese Sticks
<b>Afternoon Tea</b> Served with water/milk	Cheese and Ham Croissants served with Cucumber Sticks on the side	Greek Inspired Pitta Pockets with Chicken, Tomato, Cucumber and Homemade Tzatziki	Crumpets with Spread served with Brussel Sprouts	Tuna Pasta Salad, mixed with Cucumber, Tomatoes, Cheese and Peppers	Mexican Enchiladas filled with Beans and Vegetables, Crème Fraiche on the side
<b>Dessert</b>	Banana and Custard	Watermelon	Orange/Satsuma Slices	Homemade Fruit Smoothie	Yoghurt

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