

# Next Steps Childcare Menu SUMMER 2022

Brunch 10am

Lunch 12.30pm

Tea 4.15pm

|           | Week 1                                                                                                                                     | Week 2                                                                                                                                   | Week 3                                                                                                                                             | Week 4                                                                                                                                          |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Fromage Frais & fruit<br>Roasted veg pasta with tomato sauce topped with cheese<br>Stewed Apple & custard<br>Selection of sandwiches       | Crumpets and fruit<br>Chilli con carne and rice<br>Ice cream in a cone<br>Pizza & coleslaw                                               | Crackers and veg sticks<br>Vegetable sausages, croquette potatoes and beans<br>Peaches and ice-cream<br>Filled pitta bread                         | Oatcake with fruit<br>Spaghetti Bolognese<br>Pears and custard<br>Cheese straws, hummus and vegetable sticks                                    |
| Tuesday   | Buttered Muffin & fruit<br>Chicken and ham risotto with vegetables<br>Flapjack<br>Cheese on toast                                          | Rice cakes & fruit<br>Fish fingers, mash potatoes and peas.<br>Apple cake<br>Savoury muffins                                             | Wholemeal toast with various toppings<br>Turkey meatballs in tomato sauce with pasta<br>Summer fruits crumble<br>Potato wedges with ham and cheese | Bread sticks, cheese cubes & chopped apple<br>Chickpea and spinach curry and rice<br>Greek style yogurt and fruit sauce<br>Sausage roll & beans |
| Wednesday | Vegetable sticks & pitta & hummus<br>Sausage with mash & peas - gravy<br>Pear Tart<br>Quiche & salad                                       | Wholemeal toast with a selection of toppings<br>Cauliflower and broccoli bake with peas and sweetcorn<br>Fruit jelly<br>Tuna pasta salad | Rice cakes with fruit<br>Chicken korma and rice<br>Frozen strawberry yogurt<br>Cheese scones & salad                                               | Buttered muffin and fruit<br>Cheese, onion and potato pie and vegetables<br>Fresh fruit salad<br>Selection of Wraps                             |
| Thursday  | Wholemeal toast with a selection of toppings<br>Creamy chicken broccoli with sauté potatoes and peas<br>Ice cream and fruit puree<br>Wraps | Pancakes and fruit<br>Spaghetti bolognese<br>Fresh fruit salad<br>Cheese and tomato/marmite swirls                                       | Fromage frais and fruit<br>Cheese, onion and potato pie with vegetables<br>Stewed apple and custard<br>Fish fingers and tomato spaghetti           | Pitta bread, hummus and vegetable sticks<br>Pork meatballs in a tomato sauce and pasta<br>Raspberry and strawberry oaties<br>Pizza & coleslaw   |
| Friday    | Oat cakes and fruit<br>Tomato and mascarpone pasta peas sweetcorn<br>Strawberries and cream<br>Crackers and cheese                         | Breadsticks, cheese cubes and vegetable sticks<br>Chicken tikka masala and vegetable rice<br>Yogurt<br>Beans on toast                    | Cereal, milk and fruit<br>Meat pie, mashed potato and broccoli<br>Ice cream and sauce<br>Selection of sandwiches                                   | Rice cakes with fruit<br>Chilli con carne and rice<br>Blueberry sponge cake<br>Cheese & Marmite Crumpets                                        |

Drinking Water always available - We cater for all dietary requirements