

PORTICO LODGE SUMMER MENU 2010

We pride ourselves on a fantastic variety of healthy, freshly made meals and snacks on our menu which we change seasonally to give the children a variety and choice and to taste and explore a wide range of foods.

BREAKFAST- 8AM-9AM-Healthy cereals, toast, porridge, milk and water

LUNCH- 11.30AM-See below

TEA- 3.00PM-See below

SNACKS- A variety of fruits and vegetables available- apples, banana, pear, peaches, tomatoes, strawberries, grapes, carrots, pineapple, oranges, raisins, malt loaf and scones.

Children are offered fruit continuously throughout the day and fresh fruit is made at 10am, 2pm and 5pm and children also have fresh fruit and vegetables after their lunch and tea.

Menu may change due to cook on holiday

Week 1

MON	Smoked haddock Florentine with mash and green beans	Garlic bread
TUES	Chilli, rice and Wedges	Salad / veg sticks and fresh dips
WED	Tomato and mozzarella pasta	Wholemeal sandwiches with selection of fillings
THURS	Italian Chicken with cous cous	Potato wedges with roasted garlic
FRI	Tuna pasta bake	Mackerel wraps

Week 2

MON	Tomato and red pepper Taglitelle	Tuna and cheese melt (pitta)
TUES	Spinach and lentil risotto	Tomato and Basil Bruchetta
WED	Chicken with tarragon and crème fresh	croissants
THURS	Salmon mash	Wholemeal sandwiches with selection of fillings
FRI	Spaghetti in tomato and basil sauce with meatballs	Humous and breadsticks

Week 3

MON	Chicken Paella	Wholemeal sandwiches with selection of fillings
TUES	Salmon and broccoli Taglitelle	Muffins and jam
WED	Fish in parsley sauce, potatoes and peas	Cheese and crackers
THURS	Turkey Ragoutte	Summer vegetable soup and roll
FRI	Tandori Chicken and rice	Tortilla chips with homemade salsa and cheese

Week 4

MON	Sausage and vegetable pasta bake	Homemade pizza
TUES	Tuna Morney with crispy topping	Wholemeal sandwiches with selection of fillings

WED	Chicken paprika with cous cous and roasted veg	Cheese and potato scones
THURS	Sweet Potato and tomato Pasta	Bagels and cream cheese
FRI	Jacket potatoes, coleslaw, beans cheese	Crumpets