

Summer menu for Portico Poppets

Week 1	breakfast	Lunch	High tea
Monday	Selection of cereals or toast	Tomato and basil sauce with wholemeal pasta	Humus and veg sticks
Tuesday	Selection of cereals or toast	Moroccan chicken with fruity cous cous	Homemade garlic bread
Wednesday	Selection of cereals or toast	Vegetable lasagne	Sandwiches with various fillings
Thursday	Selection of cereals or toast	Salmon and broccoli tagletelli	Sausage rolls
Friday	Selection of cereals or toast	Jacket potatoes with cheese and homemade coleslaw	Wraps with various fillings
Week 2	breakfast	Lunch	High tea
Monday	Selection of cereals or toast	Homemade pizza with veg sticks and salad	Crumpets
Tuesday	Selection of cereals or toast	Popeye pasta	Mackerel wraps
Wednesday	Selection of cereals or toast	Sweet and sour chicken with noodles	Potato wedges with Greek yoghurt and oregano dip
Thursday	Selection of cereals or toast	Spaghetti bolognaise	sandwiches with various fillings
Friday	Selection of cereals or toast	Tuna and sweetcorn pasta	Cheese and crackers

Week 3	breakfast	Lunch	High tea
Monday	Selection of cereals or toast	Pasta pesto	Sandwiches and various fillings
Tuesday	Selection of cereals or toast	Mexican beef and bean chilli	Veg sticks with humus
Wednesday	Selection of cereals or toast	Cauliflower and broccoli cheeses	Mackerel wrap
Thursday	Selection of cereals or toast	Chicken pie with mash potato topping and green beans	Sandwiches with various fillings
Friday	Selection of cereals or toast	Tuna mornay	Crumpets
Week 4	breakfast	Lunch	High tea
Monday	Selection of cereals or toast	Tomato and mozzarella puff pastry bake with mixed veg	Breadsticks with dip
Tuesday	Selection of cereals or toast	Ham and mushroom tagletelli	Sandwiches with various fillings
Wednesday	Selection of cereals or toast	Chicken in tomato and basil sauce with pasta	Sausage rolls
Thursday	Selection of cereals or toast	Homemade pizza with salad and veg sticks	Potato wedges with roasted garlic and oregano dressing
Friday	Selection of cereals or toast	Mackerel kedgeree	Sandwiches with various fillings