

Bromley Spring/Summer Menu

Week 1



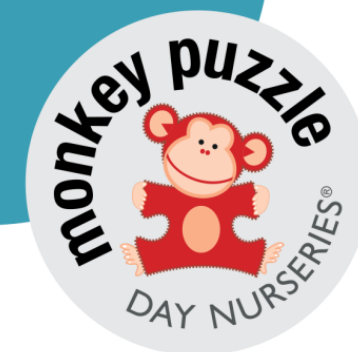
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals
Snack	Various selection of fresh fruit/crackers/crumpets/pitta/fruit smoothies.				
Lunch	Vegetable Jollof with chickpeas (Ve)	Spaghetti Bolognese with hidden vegetables (Vegetarian alternative available)	Fish Crunch with homemade panko breadcrumbs and hidden vegetables (Vegetarian alternative available)	Chicken and vegetable curry with turmeric rice (Vegetarian alternative available)	Meatballs with homemade tomato sauce, cous cous and sweetcorn (Vegetarian alternative available)
Pudding	Sliced Apple and Banana	Greek yogurt and Muesli (Ve)	Fruit Jelly Terrine (Ve)	Peach/Strawberry fruit Yogurt (Ve)	Fresh Fruit Medley
Afternoon Tea	Crumpets and Bagels with Marmite, cheese, and cucumber sticks (Ve)	Homemade Potato Wedges with cheese and baked beans (Ve)	Homemade Tomato and cheese puff pastry wheels (Ve)	Tuna and Sweetcorn pasta salad (Vegetarian alternative available)	Selection of Sandwiches with cucumber batons (Vegetarian alternative available)
Pudding	Frozen Raspberry Yogurt (Ve)	Courgette and raisin cake (Ve)	Fresh Fruit Salad	Coconut and sultana cookies	Chocolate chip cakes

Ve- Vegan option is always available or the dish is Vegan

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

Bromley Spring/Summer Menu

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals
Snack	Various selection of fresh fruit/crackers/crumpets/pitta/fruit smoothies.				
Lunch	Roasted Butternut Squash with Tomato and basil pasta and homemade garlic focaccia (Ve)	Minced Beef and vegetable suet pie with new potatoes (Vegetarian alternative available)	BBQ Chicken with mixed peppers and sweetcorn rice (Vegetarian alternative available)	Roast Gammon with spring cabbage, roast potatoes, and gravy (Vegetarian alternative available)	Fish Fingers with homemade potato wedges, homemade tomato sauce and peas (Vegetarian alternative available)
Pudding	Melon and Pineapple wedges	Strawberry/peach fruit yogurt	Spiced fruit cake (Ve)	Greek Yogurt with homemade fruit coulis	Banana and Satsuma wedges
Afternoon Tea	Baked beans with pitta bread (Ve)	Tuna Muffin Melts (Vegetarian alternative available)	Selection of sandwiches with cucumber batons (Ve)	Homemade vegetable soup with wholemeal bread (Ve)	Coronation chicken with fruity cous cous (Vegetarian alternative available)
Pudding	Strawberry shortcake with crème fraiche (Ve)	No Sugar banana and honey drizzle cake (Ve)	Fresh Fruit salad	Frozen toffee yogurt (Ve)	Caramel cookies (Ve)

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Bromley Spring/Summer Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals
Snack	Various selection of fresh fruit/crackers/crumpets/pitta/fruit smoothies.				
Lunch	Thai vegetable curry with rice (Ve)	Fish Pie with hidden vegetables and a mash potato topping (Vegetarian alternative available)	Chicken and mixed pepper cacciatore with orzo (Vegetarian alternative available)	Minced beef, hidden vegetable, and bean burritos with rice (Vegetarian alternative available)	Homemade tomato and cheese pizza with homemade vegan pesto pasta (Ve)
Pudding	Satsumas and pineapple wedges	Homemade strawberry coulis with Greek yogurt	Homemade low sugar vegan fruit jelly (Ve)	Strawberry/peach Yogurt (Ve)	Watermelon and banana batons
Afternoon Tea	Homemade potato wedges and cheese with homemade coleslaw (Ve)	Homemade sweetcorn and courgette fritters (Ve)	Selection of wraps with cucumber batons (Vegetarian alternative available)	Tomato and herb cous cous with fish bites (Vegetarian alternative available)	Homemade vegetable soup with bread (Ve)
Pudding	Vegan low sugar spiced apple cake (Ve)	Homemade vanilla shortbread (Ve)	Fresh fruit medley	Chocolate ice cream cones (Ve)	Blueberry cookies (Ve)

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Bromley Spring/Summer Menu

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals
Snack	Various selection of fresh fruit/crackers/crumpets/pitta/fruit smoothies.				
Lunch	High protein veggie toad in the hole with creamed spinach	Moroccan lamb tagine with hidden vegetables and lightly spiced cous cous (Vegetarian alternative available)	Roast chicken with boulangère and rosemary potatoes and green beans (Vegetarian alternative available)	Seafood linguine (mixed fish) with peas (Vegetarian alternative available)	Beef and vegetable nachos with homemade potato wedges (Vegetarian alternative available)
Pudding	Melon and pineapple wedges	Frozen strawberry yogurt	Greek Yogurt with homemade mixed berry coulis	Low sugar carrot cake (Ve)	Fruit Salad
Afternoon Tea	Cheese and tomato pizza wraps with mixed pepper batons (Ve)	Homemade spinach and cheese pinwheels with cucumber (Ve)	Croque monsieur on muffins/bagels (Ve)	Corned beef hash with baked beans (Vegetarian alternative available) (Ve)	Selection of wraps with cucumber (Vegetarian alternative available) (Ve)
Pudding	Healthy banoffee pie (Ve)	Low sugar oat and raisin cookies (Ve)	Apple slices	Peach/strawberry yogurt	Lemon and blueberry muffins (Ve)

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