

Whitegate Early Years Care Menu Spring/Summer 22

Lunch				
	Week 1		Week 2	
Monday	Tuna and roasted vegetable pasta bake	Madeira cake with lemon drizzle	Chilli con carne with rice	Ginger biscuit
Tuesday	Quiche and beans	Seasonal fruit salad	Meat and potato pie with red cabbage and beetroot	Rice pudding with strawberry jam
Wednesday	Chicken and vegetable risotto	Summer crumble and custard (No added Sugar)	BBQ chicken with new potatoes, roasted peppers and courgettes	Chocolate orange cake with cream
Thursday	Macaroni cauliflower cheese	Mixed berry fool (No added sugar)	Pasta primavera	Summer fruit platter
Friday	Chicken burger in a bun with potato wedges	Ice cream in a cone	Fish and chips with mushy peas	Ice cream with peach slices
Afternoon Tea				
Monday	Sausage in Bun and side salad		Mixed berries with ice cream	
Tuesday	Homemade pizza slices with various toppings		Oat raisin and apple cookie	
Wednesday	Vegetable Lasagne		Angel delight	
Thursday	Chicken and sweet potato quesadillas		Fruit Yogurt	
Friday	Homemade sausage rolls, cream cheese, carrot and cucumber sticks		Cherry cake	