



Summer 2023 Menu



Week 1 Weeks Beg; 29.5.23, 26.6.23, 24.7.23, 21.8.23	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Chicken Noodle Soup. Cheesy Toast. Melon & Apple with Yogurt.	Rice Cakes, Soft Cheese, Turkey Slices & A selection of fresh seasonal fruit.
Tuesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Potato & Leek Soup. Bacon, Onion & Garlic Pasta. Summer Berry Crumble.	Toasted Crumpets & A selection of fresh seasonal fruit.
Wednesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Summer Vegetable Soup. Chicken Fajita's. Yogurt and a Selection of Fresh Fruit.	Melba Toast/Oatcakes. Grated cheese, Cucumber & A selection of fresh seasonal fruit.
Thursday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Carrot and Ginger Soup. Beef & Vegetable Curry & Rice. Honey Yogurt & Banana	Crackerbread/Cream Crackers. Ham Slices, Cherry Tomatoes & A selection of fresh seasonal fruit.
Friday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Chicken & Sweetcorn Soup. Tuna & Summer Vegetable Pasta Bake. Low Sugar Custard with Pear.	Bread Sticks & Dips. Chicken slices, Carrot & Cumber sticks & A selection of fresh seasonal fruit.

All soups and main meals are prepared fresh daily.

Water is available throughout the day. Fresh milk and water is provided at all snack and mealtimes.

Diluted (50:50) pure unsweetened fruit juice is offered twice a week at lunch.

Allergies/intolerances and other dietary requirements are catered for by adapting ingredients to offer equivalent alternatives.

Menus have been created by following the Nutritional guidance and food standards for early years childcare providers in Scotland - 'Setting the Table'



Summer 2023 Menu



Week 2 Weeks Beg: 05.6.23, 03.7.23 31.7.23, 28.8.23	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits	Red Lentil, Chickpea and Chilli Soup. Creamy Tuna, Sweetcorn & Pepper Pasta. Selection of Fruit with Natural Yogurt.	Oatcakes/Crackers. Grated Cheese, Cherry Tomatoes & A selection of fresh seasonal fruit.
Tuesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits	Curried Parsnip and Apple Soup. Beef, Mushroom & Spring Onion Risotto. Honey Yogurt & Pears.	Breadsticks and Dips. Ham Slices, Cucumber, Carrot Sticks & A selection of fresh seasonal fruit.
Wednesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits	Carrot and Coriander Soup with Wholemeal Roll. Fish Fingers and Beans. Low Sugar Rice and Banana.	Bagels and Cream Cheese & A selection of fresh seasonal fruit.
Thursday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits	Chicken and Rice Soup. Selection of Sandwiches & a Side Salad. Cranachan Crunch.	Toast and Banana & A selection of fresh seasonal fruit.
Friday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits	Creamy Tomato Soup. Roast Chicken, Dips, Salad & Flatbread. Selection of Fruit and Natural Yogurt.	Pancakes and Butter & A selection of fresh seasonal fruit.

All soups and main meals are prepared fresh daily.

Water is available throughout the day. Fresh milk and water is provided at all snack and mealtimes.

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Week 3 Weeks Beg; 12.6.23, 10.7.23, 07.8.23	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Chicken Noodle Soup. Vegetable & Cheese Quesadillas with Dips. Melon & Apple with Natural Yogurt.	Crackerbread/Oatcakes. Ham Slices, Grated Carrot and Cucumber & A selection of fresh seasonal fruit.
Tuesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Garlic Bread. Chicken Fajita Pasta. Milk Jelly and Apple.	Toasted Crumpets & A selection of fresh seasonal fruit.
Wednesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Potato and Leek Soup. Selection of Wraps & a Side Salad. Summer Berry Crumble.	Toast and Beans & A selection of fresh seasonal fruit.
Thursday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Chicken and Sweetcorn Soup. Beef & Vegetable Curry with Brown Rice. Selection of Fruit with Natural Yogurt.	Crackers/Oatcakes. Grated Cheese and Cucumber & A selection of fresh seasonal fruit.
Friday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Carrot and Ginger Soup. Tuna & Summer Vegetable Rice. Low Sugar Custard with Banana.	Rice Cakes, Turkey Slices. Cherry Tomatoes & A selection of fresh seasonal fruit.

All soups and main meals are prepared fresh daily.

Water is available throughout the day. Fresh milk and water is provided at all snack and mealtimes.

Diluted (50:50) pure unsweetened fruit juice is offered twice a week at lunch.

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Summer 2023 Menu



Week 4 Weeks Beg: 19.6.23, 17.7.23, 14.8.23	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits.	Spicy Lentil Soup. Crispy Cod, Teriyaki and Sesame Stir Fry with Noodles. Selection of Fruit with Natural Yogurt.	Crackers/Crackerbread, Ham Slices, Cherry Tomatoes & A selection of fresh seasonal fruit.
Tuesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits.	Summer Minestrone Soup. French Toast. Low Sugar Custard and Banana.	Melba Toast/Oatcakes. Turkey Slices, Cucumber & A selection of fresh seasonal fruit.
Wednesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits.	Tomato Soup with Wholemeal Roll. Orange & Lemon Chicken Linguine. Overnight Muesli with Fruit and Natural Yoghurt.	Bagels with Cream Cheese & A selection of fresh seasonal fruit.
Thursday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits.	Chicken and Sweetcorn Soup. Vegetable and Mixed Bean Chilli with Baked Potatoes. Honey Yogurt & Apple.	Fruit Toast & A selection of fresh seasonal fruit.
Friday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/bagel/breakfast muffin. Selection of fresh fruits.	Carrot and Coriander Soup. Shredded Beef, Vegetable & Tomato Sauce with Rice. Jelly and Fruit Slices.	Breadsticks with Dips. Carrot Sticks and Cucumber & A selection of fresh seasonal fruit.

All soups and main meals are prepared fresh daily.

Water is available throughout the day. Fresh milk and water is provided at all snack and mealtimes.

Diluted (50:50) pure unsweetened fruit juice is offered twice a week at lunch.

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