



Summer 2024 Menu



Week 1 Weeks Beg: 03.6.24, 01.7.24, 29.7.24, 26.8.24	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.	Tomato & Basil 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.	Carrot, Lentil and Ginger Soup. Tuna & Summer Vegetable Pasta Bake with a Crispy Topping. 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 2024 Menu



Week 2 Weeks Beg: 10.6.24, 08.7.24 05.8.24,	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 Salad. Selection of Fruit with Natural Yogurt.	Oatcakes/Cream 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	Tomato & Basil 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, Mixed Pepper and Coriander Soup with Wholemeal Roll. Fish Fingers and Low Salt & Sugar Beans. Low Sugar Creamed 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	Creamy Tomato Soup. Selection of Sandwiches & a Side Salad. Milk Jelly & Frozen Berries.	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	Carrot, Tarragon & White Bean Soup Roast Chicken, Dips, Salad & Breads. 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.

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 2024 Menu



Week 3 Weeks Beg; 17.6.24, 15.7.24, 12.8.24	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	Summer Minestrone 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	Red Lentil, Chickpea and Chilli Soup. Tuna & Summer Vegetable Savoury Rice. Milk Jelly and Apple.	Toast and Beans & 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	Creamy Tomato & Mixed Pepper Soup. Beef & Vegetable Curry with Brown Rice. Summer Berry Crumble.	Toasted Crumpets & 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	Garlic Bread. Chicken Fajita Pasta. 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	Potato and Leek Soup. Selection of Wraps & a Side Salad. 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.

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 2024 Menu



Week 4 Weeks Beg: 24.6.24, 22.7.24, 19.8.24	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. Orange & Lemon Chicken Linguine. 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. Vegetable and Mixed Bean Chilli with Baked Potatoes. Overnight Oats with Fruit.	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.	Summer Spicy Corn Soup. Crispy Cod, Teriyaki and Sesame Stir Fry with Noodles. 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.	Broccoli, Pea & Minty Ricotta 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.

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'