

Bright Bees Autumn Menu Week 1



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|---|
| Breakfast 8:00-9:00 am | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit |
| Snack 10:00am | Cheddar cheese and crackers with grapes | Apples and Bananas | Mixed fruit salad with whipped double cream | Breadsticks, Cucumber sticks and peppers with Hummus | Pears and Oranges |
| Lunch 11:50-12:15 (Served with side salad daily) | Jacket Potato with tuna sweetcorn filling | Chicken and mushroom pie with side salad and garlic bread | Root vegetable and lentil soup with wholemeal buttered bread | Lamb tagine and cous cous with carrots, courgettes and aubergine | Vegetable egg fried rice |
| Dessert (Lunch and tea) | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter |
| Snack 2:00pm | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese |
| Tea time 3:30pm | Cheesy Broccoli Macaroni | Boiled egg and cress sandwiches | Lemony chicken/vegetable wraps | Hidden vegetable pizzas | Cheese, beans on toast |

Bright Bees Summer Menu Week 2



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Breakfast 8:00-9:00 am | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit |
| Snack 10:00am | Rice cakes with sliced apples | Pitta bread and vege fingers with homemade Tzatziki | Toasted butter crumpets | Fruit salad and whipped double cream | Pears and oranges |
| Lunch 11:50-12:15 (Served with side salad daily) | Lentil and butternut squash curry with naan | Chicken Biryani with cucumber and mint raita | Cod fish cakes served with carrots and peas | Lamb and mint meatballs served with tomato spaghetti | Cheesy vegetable pie |
| Dessert (Lunch and tea) | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter |
| Snack 2:00pm | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese |
| Tea time 3:30pm | Cold tuna pasta salad | Crustless quiche with potato salad and pepper sticks | Spinach and cherry tomato egg muffins | Vegetable and cheese quesadillas | Chicken and sweetcorn sandwiches |

Bright Bees Summer Menu Week 3



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|---|
| Breakfast 8:00-9:00 am | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit |
| Snack 10:00am | Cream crackers with soft cheese and carrot sticks | Greek style yogurts with mixed berries compote | Bananas and apples | Pears and oranges | Homemade hummus with pitta bread and vegetables |
| Lunch 11:50-12:15 (Served with side salad daily) | Salmon and pea risotto | Roast chicken with roast potatoes, vegetables and gravy | Mashed potato with fish fingers and baked beans | Aloo keema (Lamb mince and potatoes) served with jasmine rice and raita | Tuna pasta bake |
| Dessert (Lunch and tea) | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter |
| Snack 2:00pm | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese |
| Tea time 3:30pm | Potato lentil cakes | Savoury omelette with toast | Chicken and salad sandwiches | Wholemeal English muffin pizza | |



Bright Bees Summer Menu Week 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|---|
| Breakfast 8:00-9:00 am | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit | Selection of cereals/ porridge and toast with fruit |
| Snack 10:00am | Cheese sticks and cherry tomatoes | Avocado and wholemeal toast | Pineapple slices and grapes | Greek yogurt and mixed fruit | Toasted bagels and cream cheese |
| Lunch 11:50-12:15 (Served with side salad daily) | Salmon pie with vegetables and salad | Chicken pilau with cucumber yogurt and salad | Tomato and mascarpone spaghetti with steamed vegetables | Home made lamb kebabs with flatbread, yogurt and pickled salad | Chana aloo (chickpea and potato) and roti |
| Dessert (Lunch and tea) | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter | Seasonal fruit platter |
| Snack 2:00pm | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese | Fruit selection Milk/Water Breadsticks/crackers and cheese |
| Tea time 3:30pm | Moroccan chickpea and aubergine cous cous | Veggie bean burger with wholemeal rolls, tomato relish and slaw | Fish finger sandwiches | Sweet potato and lentil soup | Vegetable Cornish pastries |