



Mara Summer Menu - 2022

*Children are served breakfast between 8am and 8.45am (selection of cereals, yoghurt, toast, water, and fresh fruit) All children are provided with access to fresh tap water every day in free flow cups. Fresh full fat milk is served with main meals to all children under 2 and thereafter semi skimmed milk is given.

**Chickpea & Pumpkins room have beakers. All other children drink from a cup.

Mara Menu Week One - Over 1 Year olds - Younger Children have simplified versions of this menu.

Children are offered fruit and yogurt and crackers/rice cakes after lunch and tea.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 11.30	Sweet Potato curry served with rice	Layered Potato butternut squash and broccoli bake	Moroccan Chicken & Couscous (V) Tofu	Penne Pasta with vegetable tomato ragu served with freshly sliced tomatoes	Smoky Beans on a toasted Bagel
	Served after Lunch - Fruit/Savoury such as crackers, rice cakes or breadsticks & Milk				
Tea 4.15	Whole grain wraps filled with sliced tomatoes/grated cheese and/or hummus	Pittas with cream cheese/guacamole/ cucumber & veg sticks	Macaroni cheese bake served with sweetcorn and Peas	Filled Spanish Tortillas (Pepper, spring onions, chicken, sweetcorn,	Turkey burgers in Wholemeal baps served with cucumber and tomato slices (V) Quorn Mince
	Served after Tea - Fruit/Savoury such as crackers, rice cakes or breadsticks.				

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 11.30	Salmon, green vegetables and Pasta Bake (V) Tofu	Spaghetti Bolognaise (V) Fresh tomato and basil	Veg and Lentil cottage pie Mini tomatoes	Homemade burgers & wholegrain baps with potato wedges (V) Soya Mince	Mild Vegetable curry with rice & mini naans
	Served after Lunch - Fruit/Savoury such as crackers, rice cakes or breadsticks & Milk				
Tea 4.15	Homemade Margarita mini pizza & garlic bread (V) Mozzarella/Peppers	Scrambled eggs on brown granary toast or cheese toasties	Potato, sweetcorn, pea & cheese frittata	Tuna, sweetcorn and mayonnaise pasta (V) Lentil, Celery, Carrots Ragu	Vegetable and or cheese filled wraps.



Served after Tea - Fruit/Savoury such as crackers, rice cakes or breadsticks.