



## Wise Owls Summer Lunch and Tea Menu

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snacks</b> Seasonal fruits, poppadoms, oat cakes, popcorn, breadsticks, houmous, dried fruits				
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Spaghetti and lentil Bolognese with ve/v cheese	Ratatouille with mini baguettes	Sweet potato, spinach and chickpea curry with couscous	Jansson's temptation- creamy potato bake with pressed cucumber salad	Jollof rice served with vegetables
<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>
Fruit sorbet	Fruit yoghurt	Fruit sorbet	Fruit smoothie	Fruit tart
<b>Tea</b> Veggie salad with grains or soup of the day  Dried or fresh fruit for pudding				
*All spreads are dairy free. Vegan cheese, oat/soya milk and gluten free options available.				

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snacks</b> Seasoned fruits, poppadoms, oat cakes, popcorn, breadsticks, houmous, dried fruits				
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Lo Mein Stir Fry	Ve/ V hot dogs with coleslaw	Fabada Spanish bean stew served with penne pasta	Green lentils shepherd's pie	Parzybroda- polish cabbage and potato stew
<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>
Fruit smoothie	Fruit tart	Fruit yoghurt	Fruit sorbet	Fruit yoghurt
<b>Tea</b> Veggie salad with grains or soup of the day  Dried or fresh fruit for pudding				
*All spreads are dairy free, vegan cheese, oat/soya milk and gluten free options available.				

