

Summer Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Rye bread and cream cheese, overnight oats and chia seeds, fruit and veg sticks GF, DF available	Rye bread and cream cheese, overnight oats and chia seeds, fruit and veg sticks GF, DF available	Rye bread and cream cheese, overnight oats and chia seeds, fruit and veg sticks GF, DF available	Rye bread and cream cheese, overnight oats and chia seeds, fruit and veg sticks GF, DF available	Rye bread and cream cheese, overnight oats and chia seeds, fruit and veg sticks GF, DF available
Lunch	Jacket potato wedges served with tuna, cheese, Whatcombe baked beans and seasonal salad Fresh fruit GF, DF available	Whatcombe veggie sweet potato and mixed bean curry served with brown rice and popadoms Organic yogurt GF, DF available	Whatcombe homemade roasted butternut & green lentil cottage pie served mixed vegetables Fresh fruit GF, DF available	Whatcombe veggie cheese and onion pinwheels served with baby potatoes, broccoli, carrots and peas Organic yogurt GF, DF available	Whatcombe smoked haddock kedgeree with boiled egg, vegetables and crusty bread Fresh fruit GF, DF available
Afternoon snack	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks
Tea	Whatcombe Farm's summer teatime choices GF, DF available A selection of bakery goods, choice of fillings, salads, vegetable nibbles and dips	Whatcombe Farm's summer teatime choices GF, DF available A selection of bakery goods, choice of fillings, salads, vegetable nibbles and dips	Whatcombe Farm's summer teatime choices GF, DF available A selection of bakery goods, choice of fillings, salads, vegetable nibbles and dips	Whatcombe Farm's summer teatime choices GF, DF available A selection of bakery goods, choice of fillings, salads, vegetable nibbles and dips	Whatcombe Farm's summer teatime choices GF, DF available A selection of bakery goods, choice of fillings, salads, vegetable nibbles and dips