

# RHH Summer Menu - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (Served between 8am - 9am)	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.
<b>Snack</b> (Served at approx. 10am)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Lunch</b> (Served at 11:30am/ 12pm)	<b>Creamy Mushroom Pasta</b> <i>Dairy, Wheat</i>	<b>Lemon &amp; Herb Salmon, Potatoes &amp; Boiled Veg</b> <i>Fish, Legumes</i>	<b>Veggie Cottage Pie</b> <i>Dairy, Soya, Barley, Wheat, Legumes</i>	<b>Chickpea &amp; Apricot Tagine with Couscous</b> <i>Gluten, Legumes</i>	<b>Chilli Con Carne with Rice</b> <i>Gluten</i>
<b>Fruit</b>	<b>Peaches</b>	<b>Bananas</b>	<b>Watermelon</b>	<b>Mango</b>	<b>Apples</b>
<b>Snack</b> (Served at approx. 2pm)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Tea</b> (Served at 4pm)	<b>Vegetable Curry with Couscous</b> <i>Gluten, Barley, Legumes</i>	<b>Mini Mezze Plate</b> <i>Legumes, Dairy, Wheat</i>	<b>Tuna Pasta Salad</b> <i>Fish, Mustard, Wheat</i>	<b>Cheesy Sweet Jacket Potato &amp; Baked Beans</b> <i>Dairy, Legumes</i>	<b>Fish Finger Tortilla Wrap &amp; Vegetable Sticks</b> <i>Wheat, Fish, Mustard</i>
<b>Dessert</b>	<b>Carrot &amp; Orange Cake</b> <i>Gluten</i>	<b>Lemon Drizzle Tray Bake</b> <i>Gluten</i>	<b>Jam Roly Poly</b> <i>Dairy, Gluten</i>	<b>Jiggly Jelly &amp; Ice Cream</b> <i>Dairy</i>	<b>Frozen Yoghurt Bark Topped with Berries</b> <i>Dairy</i>

# RHH Summer Menu - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (Served between 8am - 9am)	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.
<b>Snack</b> (Served at approx. 10am)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Lunch</b> (Served at 11:30am/12pm)	Vegetable Paella <i>Legumes</i>	Butternut Squash and Chickpea Tagine with Couscous <i>Gluten</i>	Creamy Courgette, Mint and Pea Risotto <i>Dairy, Legumes</i>	Spaghetti Bolognese with Garlic Bread <i>Barley, Soya, Wheat</i>	Cowboy Pie <i>Dairy, Wheat, Soya</i>
<b>Fruit</b>	Strawberries	Pears	Plums	Cantaloupe Melon	Oranges
<b>Snack</b> (Served at approx. 2pm)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Tea</b> (Served at 4pm)	Rainbow Pizza <i>Wheat</i>	Summer Vegetable Pasta Salad <i>Wheat</i>	Fish Pie <i>Fish, Dairy</i>	Turkish Bulgur Pilaf with Vegetables <i>Wheat</i>	Cheesy Veggie Mac & Cheese <i>Wheat, Dairy</i>
<b>Dessert</b>	Blueberry Flapjacks <i>Gluten</i>	Apple & Cinnamon Compote with Yoghurt <i>Dairy</i>	Greek Yoghurt & Honey <i>Dairy</i>	Pear & Cinnamon Loaf <i>Wheat</i>	Berry Oat Crumble with Custard <i>Oats, Milk</i>

# RHH Summer Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (Served between 8am - 9am)	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.	Choice of cereals, toast, porridge, fruits etc.
<b>Snack</b> (Served at approx. 10am)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Lunch</b> (Served at 11:30am/12pm)	Butter Bean & Vegetable Stew with Dumplings <i>Wheat, Legumes</i>	Fasolakia with Warm Pitta <i>Wheat</i>	Mediterranean Orzo with Courgettes & Tomato <i>Wheat</i>	Greek Vegetable Tray Bake with Feta Cheese <i>Dairy</i>	Coconut & Vegetable Dahl with Orzo <i>Wheat</i>
<b>Fruit</b>	Honeydew Melon	Pineapple	Kiwi	Apples	Raspberries
<b>Snack</b> (Served at approx. 2pm)	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.	Range of fruits, vegetables, crackers/breadsticks, smoothies etc.
<b>Tea</b> (Served at 4pm)	Veggie Lasagne <i>Gluten, Dairy</i>	Mediterranean Stuffed Peppers with Greek Yoghurt <i>Dairy</i>	Mini Mezze Plate <i>Legumes, Dairy, Wheat</i>	Fish Cakes, Potato Smiley Faces & Baked Beans <i>Fish, Wheat, Legumes</i>	Veggie Teriyaki Stir-fry Noodles <i>Soya, Wheat</i>
<b>Dessert</b>	Frozen Fruit Pops	Tropical Fruit Salad	Strawberry & Banana Ice-cream <i>Dairy</i>	Coconut Rice Pudding <i>Dairy</i>	Banana Bread