

Swans Menu - Summer Term 2025

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
21 Apr	19 May	16 Jun	22 Apr	20 May	17 Jun	23 Apr	21 May	18 Jun	24 Apr	22 May	19 Jun	25 Apr	23 May	20 Jun
Asparagus, onion, leek and potato soup. Chicken and Turkey Carbonara (1,2) Baked macaroni and cheese (1,2,3,9,11) Sautéed mushroom with courgette and red pepper. Mediterranean salad (rocket, lettuce, tomato, cucumber, feta cheese, carrot and tuna (2,4)) Fruit.			Chicken noodle soup with celery and carrot (1,3,9,10,11) Roast pork and gravy. Roast potatoes. Broccoli and cauliflower cheese bake (2) Spinach frittata (3) Valencian salad (iceberg, tomato, cucumber, carrot, onion and olives) Fruit.			Tomato, celery, onion and potato soup (10) Tuna/chicken wraps (1,4) Boiled corn on the cob. Spring salad (iceberg, carrot, avocado and sweet corn) Yogurt (2) Fruit. 18th June Tex-Mex Day Tomato, celery, onion and potato soup (10) Cheesy Nachos (2,9) Beef Burrito (1,4) Guacamole, Sautéed Vegetables Tres Leches Cake (1,2,3)			Courgette, leek, celery and potato soup (10) Baked salmon (4) Rice with tomato sauce. Cabbage, courgette and red pepper stir fry. Garlic bread (1) Baked chickpeas. Greek salad (tomato, cucumber, onion, olives and feta cheese(2)) Fruit.			Leek, onion, celery and potato soup (10) Turkey meatballs with tomato sauce. Vegan "meatballs" (1,3,9,10,13) Rice. Sautéed courgette, carrots and green beans. Mixed salad (green and red lettuce, cherry tomatoes, cucumber and sweet corn) Homemade ice cream and pancakes (1,2,3) Fruit.		
28 Apr 26 May 23 Jun			29 Apr 27 May 24 Jun			30 Apr 28 May 25 Jun			29 May 26 Jun			30 May 27 Jun		
Pea, onion, celery and potato soup (10) Chicken/Vegetarian curry (2) Rice. Glazed carrots. Valencian salad (iceberg, tomato, cucumber, carrot, onion and olives) Fruit.			Carrot, courgette, leek and potato soup. Baked breaded rosada fish (1,4) Roasted potatoes. Sautéed peas and corn. Garlic bread (1) Baked chickpeas. Valencian salad (iceberg, tomato, cucumber, onion and olives) Fruit.			Roasted red pepper, onion, potato and squash soup. Fusilli turkey Carbonara/cheese sauce (1,2,3,11,9) Sautéed carrot, courgette and red pepper. Spinach salad (spinach, cherry tomatoes, cucumber and carrots) Yogurt (2) Fruit.			Leek, onion, celery and potato soup (10) Homemade beef burger. Quinoa burger (1,9) Potato wedges. Courgette, aubergine, potato and tomato bake with cheese (2) Honey glazed green beans and carrots. Spring salad (iceberg, carrots, avocado and sweet corn) Fruit.			Sweet corn, haddock, leek, celery and potato soup (2,4,10) Couscous with chicken, courgette, carrot, celery, squash and spices (1,9,10,11) Spinach salad (spinach, cherry tomatoes, cucumber and carrot) Carrot cake (1,2,3) Fruit.		
5 May 2 Jun			6 May 3 Jun			7 May 4 Jun			8 May 5 Jun			9 May 6 Jun		
Broccoli, onion, celery and potato soup (10) Sweet and Sour pork. Rice. Sautéed peas and corn. Romaine salad (lettuce, tomato, cucumber, onion) Fruit salad (watermelon, pineapple and melon) Fruit.			Chicken noodle soup with celery and carrots (1,3,9,10,11) Tuna and tomato puff pastry (1,2,3,4,7,10,13) Courgette, aubergine, tomato and potato bake with cheese (2) Roast potatoes. Sautéed green cabbage and red pepper. Mediterranean salad (rocket, lettuce, tomato, cucumber, feta cheese, carrots and tuna (2,4)) Fruit.			Courgette, leek, celery and potato soup (10) Chicken legs with barbeque sauce. Rice with tomato sauce. Quinoa (9) Broccoli mousse. Greek salad (tomato, cucumber, onion, olives and feta cheese (2)) Yogurt (2) Fruit.			Sweet corn, haddock, leek, celery and potato soup (2,4,10) Turkey and cheese pizza (1,2,3,4,9,10,11,14) Margherita pizza (1,2,3,4,9,10,11,14) Boiled string beans. Mediterranean salad (rocket, lettuce, tomato, cucumber, feta cheese, carrot and tuna (2,4)) Fruit.			Asparagus, onion, leek and potato soup. Baked pesto salmon (4) Baked potatoes. Steamed broccoli. Quinoa (9) Spring salad (iceberg, carrots, avocado and sweet corn) Apple crumble with custard (1,2,3,9) Fruit.		
12 May 9 Jun			13 May 10 Jun			14 May			15 May 12 Jun			16 May 13 Jun		
Fish hake noodle soup (1,2,3,4,9,10,11) Beef meatballs with tomato sauce. Roast potatoes. Vegan "meatballs" (1,3,9,10,13) Sautéed green beans. Mixed salad (iceberg, tomato, cucumber, carrots and sweet corn) Fruit.			Vegetarian Day Tomato, celery, onion and potato soup (10) Tagliatelle with pesto (1,3,9,11) Baked pasta with béchamel and cheese (1,3,10,9,11) Sautéed mushroom, courgette and red pepper. Mixed salad (green and red lettuce, cherry tomatoes, cucumber and sweet corn) Fruit.			Thai Day Leek, onion, celery and potato soup (10) Chicken/Vegetarian Pad Thai (9,13) Cauliflower in curry sauce (2) Rice pudding with Mango (2) Fruit.			Gazpacho. Spanish tortilla (3) Turkey and cheese slices (2,9) Tuna macaroni salad with mayonnaise (1,3,4,9,11) Mediterranean salad (rocket, lettuce, tomato, cucumber, onion, feta cheese, carrots and tuna (2,4)) Fruit.			Pea, onion, celery and potato soup (10) Homemade chicken burger (1) Quinoa burger (1,9) Potato wedges. Sautéed spinach. Creamy coleslaw (3) Spring salad (iceberg, carrots, avocado and sweet corn) Cheesecake (1,2,3) Fruit.		

Allergens

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| 1 - Gluten | 2 - Milk | 3 - Eggs | 4 - Fish | 5 - Shellfish | 6 - Crustacean | 7 - Nut | 8 - Peanut | 9 - Soy | 10 - Celery | 11 - Mustard | 12 - Lupin | 13 - Sesame | 14 - Sulfates |

All meals include milk or water and brown bread, with vegetarian options, special diets, and seasonal dishes available; fruit is the only snack allowed at playtime (except for healthy snack Fridays)

Sweets and chewing gum are strictly forbidden.