



The Ark at Tresillian Summer Lunch Menu 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1a	10.6.24 8.7.24 5.8.24 2.9.24	Veggie Curry with whole grain rice Strawberries and Cream	Pasta bolognaise with hidden veg. Peaches and Ice Cream	Creamy Tarragon Chicken with mash and green beans Fruit Salad	Fish cakes with new potatoes and seasonal veg Berry iced yoghurt	Creamy Broccoli Pasta Jelly (sugar free) and fruit
Week 2a	17.6.24 15.7.24 12.8.24 9.9.24	Chicken Stir Fry with noodles. Fruit Salad	Veggie Sausage Mashed potato and beans Nursery made Flapjack	Tuna and Sweetcorn Jacket Potato Tropical ice yoghurt	Vegetable and pasta bake. Jelly (sugar free) and fruit	Bacon and Pea orzo Sugar free angel delight
Week 1b	24.6.24 22.7.24 19.8.24 16.9.24	Veggie Fried Rice Berry Iced Yoghurt	Gnocchi in a tomato sauce. Strawberries and cream	Creamy Pesto Chicken Pasta Nursery made Apricot Crunch	Breaded Fish with mash and seasonal veg Sugar free angel delight	Macaroni Cheese with seasonal vegetables. Jelly and fruit (sugar free)
Week 2b	1.7.24 29.7.24 26.8.24 23.9.24	Jacket potato with cheese and beans Yoghurt and fruit	Chicken Korma with wholegrain rice. Strawberries and Cream	Teriyaki salmon Angel Delight (sugar free)	Bacon and Pea Carbonara Jelly (sugar free) and fruit	Chilli con carne with wholegrain rice. Tropical Ice Yoghurt

Occasionally menu choices will be swapped around. The overall balance will remain the same. This menu has been put together using the voluntary food and drink guidelines for early years settings – Eat Better Start Better. For further information please see a member of staff.