



## Winter Menu 1 / Bwydlen y Gaeaf 1

	Monday / Llun	Tuesday / Mawrth	Wednesday / Mercher	Thursday / Iau	Friday / Gwener
Breakfast	Choice of cereal	Toast	Choice of cereal	Toast	Choice of cereal
Snack	Two choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water
Lunch	Fish curry served with rice, peas and sweetcorn	Vegetable stew (Vegetables, edamame beans and chick peas) with crusty bread roll	Shepherd's pie With a side of seasonal vegetables / (V) Quorn mince	Vegetable and chickpea jambalaya	Lentil and pepper ragu
Pudding	Yoghurt	Fresh Fruit	Homemade rice pudding	Fresh Fruit	Yoghurt
Tea	Sweet potato, carrot and red lentil soup	Pitta bread, carrot batons and sliced cherry tomatoes served with a hummus dip	Bagels with cream cheese and celery batons	Ploughman's tea  Which consists of crackers, cheese slices, cucumber and pepper sticks with an optional pickle dip.	Toasted crumpets topped with beans.
Pudding	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)

Fresh water is available throughout the day and served with lunch and tea.



## Winter Menu 2 / Bwydlen y Gaeaf 2

	Monday / Llun	Tuesday / Mawrth	Wednesday / Mercher	Thursday / Iau	Friday / Gwener
Breakfast	Choice of cereal	Toast	Choice of cereal	Toast	Choice of cereal
Snack	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water
Lunch	Vegetable curry with wholegrain rice	Chicken dinner with seasonal vegetables / (V) Quorn	Vegetable lasagne with green lentils	Cod bites, potatoes and minted mushy peas / (V) veggie fingers	Salmon and broccoli bake
Pudding	Fresh fruit	Yoghurt	Fresh fruit	Jelly	Yoghurt
Tea	Filled flat breads	Kidney bean dal	Assorted sandwiches	Mac and cheese served with broccoli	Rice cakes with carrot and cucumber sticks
Pudding	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)

Fresh water is available throughout the day and served with lunch and tea.



## Winter Menu 3 / Bwydlen y Gaeaf 3

	Monday / Llun	Tuesday / Mawrth	Wednesday / Mercher	Thursday / Iau	Friday / Gwener
Breakfast	Choice of cereal	Toast	Choice of cereal	Toast	Choice of cereal
Snack	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water
Lunch	Fish curry with wholegrain rice	Roasted vegetable and edamame bean pasta bake	Roast chicken dinner with seasonal vegetables	Lentil chilli and wholegrain rice	Cottage pie with seasonal vegetables / (V) Quorn
Pudding	Yoghurt	Mixed fruit	Jelly	Mixed fruit	Yoghurt
Tea	Courgette and tomato soup served with a bread roll	Jacket potato topped with beans	Cheese wheels	Assorted filled rolls	Pizza muffins
Pudding	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)

Fresh water is available throughout the day and served with lunch and tea.



## Winter Menu 4 / Bwydlen y Gaeaf 4

	Monday / Llun	Tuesday / Mawrth	Wednesday / Mercher	Thursday / Iau	Friday / Gwener
Breakfast	Choice of cereal	Toast	Choice of cereal	Toast	Choice of cereal
Snack	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water	2 choices of fruit with a cup of milk/water
Lunch	Homemade meatballs, creamy mash, peas, and gravy / (V) Quorn	Squash and couscous one-pot	Sausage casserole	Mushroom and sweetcorn risotto	Fish linguine
Pudding	Fruit	Fruit	Yoghurt	Jelly	Yoghurt
Tea	Assorted sandwiches	Minted pea soup served with wholemeal pitta bread	Topped crackerbread with cheese and cucumber sticks	Toasted crumpets	Mackerel pate on toast
Pudding	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)	Fresh fruit (at least two portions)

Fresh water is available throughout the day and served with lunch and tea.