

Winter Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal or Toast	Cereal or Toast	Cereal or Toast	Cereal or Toast	Cereal or Toast
Snack	A choice of fruit & veg sticks Milk / Water	Fruit with a cracker. Milk / Water	A choice of fruit & veg sticks Milk / Water	Fruit with rice cake. Milk / Water	Fruit with breadsticks. Milk / Water
Dinner	Vegetable risotto	*Chicken curry with cous cous.	*Tuna and sweetcorn pasta.	*Beef dinner with broccoli, carrots, & green beans potatoes and gravy	*Sticky sausages with mashed potato and peas.
Pudding	Yoghurt / Dairy free	Mixed fruit	Mixed fruit	Yoghurt / Dairy free	Sugar free Jelly / vegan jelly
Tea	Scrambled egg on toast	Lentil soup served with crusty bread	*Ham and chicken wraps with pepper fingers	Lightly toasted pitta fingers, cheese, hummus dip and salad sticks	Cheese sandwiches and salad sticks
Pudding	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)

*** Indicates a vegetarian option can also be provided.**

Fruits that are offered are: Apple, banana, pear, grapes, melon, kiwi, strawberries, blueberries, plum, nectarine, pineapple, watermelon, peach, raspberries, blackberries, orange, tomatoes & mango.

Vegetables that are offered for snack are: carrot, celery, cucumber, snap peas and pepper sticks.

Cereals that are offered daily are as follows: Multigrain hoops, Rice Krispies, Cornflakes, Wheaties.

Younger children are offered Weetabix or Porridge as well as the above options.

Winter Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal or Toast	Cereal or Toast	Cereal or Toast	Cereal or Toast	Cereal or Toast
Snack	Fruit with a cracker. Milk / Water	A choice of fruit & veg sticks Milk / Water	A choice of fruit & veg sticks Milk / Water	Fruit with breadsticks. Milk / Water	Fruit with rice cake Milk / Water
Dinner	*Fish, potatoes and sweetcorn with a side of parsley sauce.	Tomato napolitana pasta bake	*Roast chicken dinner, potatoes, peas, carrots & broccoli with gravy	Mexican vegetable risotto	*Meatballs in gravy with mash and peas
Pudding	Mixed fruit	Yoghurt / Dairy free	Mixed fruit	Sugar free Jelly / vegan jelly	Yoghurt / Dairy free
Tea	Cheese with crackers with salad sticks and pickle	*Tuna mayo wraps with cucumber and pepper slices	Vegetable soup with bread sticks	Jacket potato with beans and cheese	Toasted Crumpets with salad fingers
Pudding	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)

*** Indicates a vegetarian option can also be provided.**

Fruits that are offered are : Apple, banana, pear, grapes, melon, kiwi, strawberries, blueberries, plum, nectarine, pineapple, watermelon, peach, raspberries, blackberries, orange, tomatoes & mango.

Vegetables that are offered for snack are: carrot, celery, cucumber, snap peas and pepper sticks.

Cereals that are offered daily are as follows: Multigrain hoops, Rice Krispies, Cornflakes, Wheaties.

Younger children are offered Weetabix or Porridge as well as the above options.

Winter Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal or Toast	Cereal or Toast	Cereal or Toast	Cereal or Toast	Cereal or Toast
Snack	A choice of fruit & veg sticks Milk / Water	A choice of fruit & veg sticks Milk / Water	Fruit with breadsticks. Milk / Water	Fruit with rice cake. Milk / Water	Fruit with a cracker. Milk / Water
Dinner	*Turkey Bolognese	*Chilli and rice	*Fishfingers, mash and beans	*Chicken and mushroom risotto.	*Cottage pie with mixed veg
Pudding	Yoghurt / Dairy free	Sugar free Jelly / vegan jelly	Mixed fruit	Mixed fruit	Yoghurt / Dairy free
Tea	Toasted bagels, cheese and pepper fingers.	Cheese on toast with cherry tomatoes	Homemade pizza with pepper sticks	Leek and potato soup with bread	Lightly toasted pitta bread, cheese, salad fingers and hummus.
Pudding	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)

*** Indicates a vegetarian option can also be provided.**

Fruits that are offered are : Apple, banana, pear, grapes, melon, kiwi, strawberries, blueberries, plum, nectarine, pineapple, watermelon, peach, raspberries, blackberries, orange, tomatoes & mango.

Vegetables that are offered for snack are: carrot, celery, cucumber, snap peas and pepper sticks.

Cereals that are offered daily are as follows: Multigrain hoops, Rice Krispies, Cornflakes, Wheaties.

Younger children are offered Weetabix or Porridge as well as the above options.

Winter Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal or Toast	Cereal or Toast	Cereal or Toast	Cereal or Toast	Cereal or Toast
Snack	Fruit with breadsticks Milk / Water	Fruit with rice cake. Milk / Water	A choice of fruit & veg sticks Milk / Water	Fruit with a cracker. Milk / Water	A choice of fruit & veg sticks Milk / Water
Dinner	*Chinese chicken curry with rice	*Sausages served with potato wedges and peas	*Mediterranean chicken with baby potatoes and green beans	*Bacon, onion and tomato pasta	*Fishcake served with mash and sweetcorn
Pudding	Mixed fruit	Yoghurt / Dairy free	Mixed Fruit	Sugar free Jelly / vegan jelly	Yoghurt / Dairy free
Tea	Cheese slices, crackers with carrot and cucumber sticks	*Ham and chicken sandwiches	Tuna and cheese wraps with pepper sticks and cherry toms	Home-made pizza	Jacket potato and beans
Pudding	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)	Fresh fruit (at least 2 portions)

*** Indicates a vegetarian option can also be provided.**

Fruits that are offered are : Apple, banana, pear, grapes, melon, kiwi, strawberries, blueberries, plum, nectarine, pineapple, watermelon, peach, raspberries, blackberries, orange, tomatoes & mango.

Vegetables that are offered for morning snack are: carrot, celery, cucumber, snap peas and pepper sticks.

Cereals that are offered daily are as follows: Multigrain hoops, Rice Krispies, Cornflakes, Wheaties.

Younger children are offered Weetabix or Porridge as well as the above options.

