



Autumn & Winter Menu 2018

Stage 2 - Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals with Milk	Toasted Triangles with Spread	Choice of Cereals with Milk	Choice of Cereals with Milk	Mashed Hard Boiled Egg with Toast Soldiers & Spread
Lunch	Spinach & Ricotta Lasagne with Cauliflower & Curly Kale (V) Melon Fingers	Roast Pork (Soya), with Potatoes, Swede, Parsnips, Peas & Gravy Pineapple Sticks & Mango Slices	Tuna & Tomato (Tomato & Borlotti Bean) Pasta Bake with Broccoli & Sweetcorn Creamy Apricot Swirl	Thai Green Chicken (Tofu) Curry, with Rice & Chunky Carrots Poached Apple & Pear Slices	Beef & Vegetable Hotpot (Mixed Vegetable Hotpot) served with Creamy Mashed Potato Peach Smiles
Tea	Homemade Spaghetti on Toasted Squares with Spread (V) Fruity Yoghurt	Rice Cakes, Cheese Slices & Grated Carrot (V) Diced Satsuma Segments	Red Pepper & Butternut Squash Soup with Garlic Bread (V) Kiwi Cubes & Plum Smiles	Vegetable Fingers, Pitta Pockets & Pea Puree (V) Trio of Fruit	Homemade Cheese Straws with Sweet Pepper Sticks (V) Bananas & Custard
Snack	Banana & Poached Apple Slices	Cucumber Batons & Nectarines	Fruit Platter with a Natural Fromage Frais Dip	Breadsticks & Cottage Cheese	Cook's Healthy Fruit Salad

Fresh drinking water is available at all times of the day.

Milk is available to drink during Breakfast and Snack meal times.



Autumn & Winter Menu 2018

Stage 2 - Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toasted Muffins with Spread	Choice of Cereals with Milk	Toast Triangles with Spread	Porridge with Milk & Berry Puree	Choice of Cereals with Milk
Lunch	Double Bean & Roasted Pepper Chilli with Soured Cream Mash (V) Poached Apple Smiles	Fisherman's Pie (Cauliflower Gratin) served with Peas & Sweetcorn Diced Satsuma & Kiwi	Roast Chicken (Quorn Fillet) with Stuffing, served with New Potatoes, Broccoli, Carrot, Swede & Gravy Banana Fingers	Lamb (Mixed Vegetable) Rice Casserole with Cauliflower & Green Beans Peaches & Pears	Spaghetti Bolognese (Soya Mince) with Hidden Vegetables Melon Trio
Tea	Curried Leek & Carrot Soup with Wholemeal Pitta Bread (V) Rainbow Fruits	Selection of Finger Sandwiches (V) Cook's Rice Pudding	Veggie Frittatas (V) Autumn Fruit Medley	Pizza Scrolls with Grated Carrot (V) Natural Yoghurt with Mango Puree	Potato Wedges & an Avocado Dip (V) Creamy Fruit Desert
Snack	Cucumber Sticks & Poached Sliced Pear	Fruity Fromage Frais	Rice Cakes & Sweetcorn	Tortilla Triangles with Cream Cheese	Friday Fruit Platter Surprise

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Autumn & Winter Menu 2018

Stage 2 - Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals with Milk	Crumpets with Spread	Choice of Cereals with Milk	Toasted Triangles with Spread	Choice of Cereal with Milk
Lunch	Herb Crusted Cod (Tofu) with Sweet Potato Mash & Green Beans Fresh Fruit Salad	Creamy Leek & Mushroom Spaghetti (V) with Ham Poached Apples & Pears	Lamb, Rosemary & Vegetable (Roasted Vegetable/Aubergine) Lasagne with Cauliflower Florets Apricots & Peaches	Roast Beef (Quorn Fillet) Lunch with Yorkshire Pudding, Potatoes, Carrots, Peas & Gravy Fromage Frais & Blueberry Puree Swirl	Chicken & Chorizo (Soya) Jambalaya Kiwi & Pineapple
Tea	Vegetable Patties with a Mango Dip (V) Diced Clementine Segments & Plum	Scrambled Egg & Toasted Muffins with Spread (V) Natural Yoghurt & Fruit	Tuna & Cucumber or Cream Cheese & Cucumber (V) Sandwiches Fruit Platter	Lentil Soup with Chapatti Bread (V) Bananas & Mango	Crustless Quiche with Rainbow Salad (V) Melon Fingers
Snack	Wholemeal Pitta Bread Fingers & Banana	Cheese Slices with Breadsticks	Pineapple & Nectarines	Mixed Peppers & Poached Apple Slices	Cook's Veggie Sticks & Fruit Medley

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Autumn & Winter Menu 2018

Stage 2 - Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with Spread	Choice of Cereals with Milk	Warm Porridge with Milk & Fruit Puree	Choice of Cereals with Milk	Crumpets with Spread
Lunch	Cheese, Onion & Potato Pie with Peas (V) Pineapple Sticks & Kiwi	Chicken & Mushroom (Lentil & Vegetable) Hotpot with Green Beans Poached Apple Slices & Diced Blueberries	Pork (Tofu) & Apple Curry with Rice Melon Fingers	Salmon (Canellini Bean, Courgette) & Pea Pasta with Curly Kale Fromage Frais with Apricot Puree	Roast Turkey (Soya), Roast Potatoes & Seasonal Vegetables Peaches & Plums
Tea	Fajita Chicken (Mixed Peppers) with Tortilla Triangles & Sweetcorn Strawberry Fool Ripple	Welsh Rarebit Muffins with Vegetable Sticks (V) Banana & Clementines	Cook's Tomato Soup with Baked Baguette (V) Seasonal Fruit Salad	Warm Rolls served with Boiled Egg & Vegetable Sticks (V) Trio of Fruits	Cheese & Tomato Naan Bread Pizza Fingers (V) Semolina with Fruit Puree
Snack	Breadsticks & Homemade Butterbean Dip	Apricot Smiles & Carrot Sticks	Natural Yoghurt & Mango Slices	Pear Smiles & Cucumber	Cook's Choice of Snack

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