



Autumn & Winter Menu 2018

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	Sliced Hard Boiled Egg with Toast Soldiers & Spread
Lunch	Spinach & Ricotta Lasagne with Cauliflower & Curly Kale (V) Melon & Quartered Grapes	Roast Pork (Soya), with Potatoes, Swede, Parsnips, Peas & Gravy Pineapple & Mango	Tuna & Tomato (Tomato & Borlotti Bean) Pasta Bake with Broccoli & Sweetcorn Sugar Free Strawberry Jelly	Thai Green Chicken (Tofu) Curry, with Rice & Chunky Carrots Apple & Pear Slices	Beef & Vegetable Hotpot (Mixed Vegetable Hotpot) served with Creamy Mashed Potato Peaches & Apricots
Tea	Beans on Toasted Squares with Spread (V) Fruity Yoghurt	Cream Crackers, Cheese Slices, Carrot Batons (V) & Sliced Chicken (Quorn Slices) No Added Sugar Mini Blueberry & Orange Muffins	Red Pepper & Butternut Squash Soup with Garlic Bread (V) Kiwi & Plum Smiles	Fish Finger (Vegetable Finger) Pitta Pockets & Mushy Peas Vanilla Shortbread	Homemade Mini Sausage Rolls & Cheese & Onion Rolls (V) with Sweet Pepper Sticks Bananas & Custard
Snack	Banana & 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.



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toasted Muffins with Spread	Choice of Cereals with Milk	Toast Triangles with Spread	Porridge with Milk & Berries	Choice of Cereals with Milk
Lunch	Double Bean & Roasted Pepper Chilli with Soured Cream Mash (V) Apples & Grapes	Fisherman's Pie (Cauliflower Gratin) served with Peas & Sweetcorn Orange & Kiwi	Roast Chicken (Quorn Fillet) with Stuffing, served with New Potatoes, Broccoli, Carrot, Swede & Gravy Bananas & Blueberries	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) Lemon Drizzle Cake	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) Homemade Cookies
Snack	Cucumber Sticks & Sliced Pear	Fruity Fromage Frais	Rice Cakes & Sweetcorn	Tortilla Triangles with Cream Cheese	Friday Fruit Platter Surprise

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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 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 Sugar Free Traffic Light Jelly
Tea	Vegetable Patties with a Mango Dip (V) Orange & Plum	Scrambled Egg on Toasted Muffins with Spread (V) Natural Yoghurt & Fruit	Tuna & Cucumber & Cream Cheese & Cucumber (V) Sandwiches Victoria Sponge	Lentil Soup with Chapatti Bread (V) Bananas & Mango	Crustless Quiche with a Rainbow Salad (V) Melon & Quartered Grapes
Snack	Wholemeal Pitta Bread Fingers & Banana	Cheese Slices with Breadsticks	Pineapple & Nectarines	Mixed Peppers & Apple Slices	Cook's Veggie Sticks & Fruit Medley

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Autumn & Winter Menu 2018

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 Chunks & Kiwi	Chicken & Mushroom (Lentil & Vegetable) Hotpot with Green Beans Apple Slices & Blueberries	Pork (Tofu) & Apple Curry with Rice Melon & Grapes	Salmon (Canellini Bean, Courgette) & Pea Pasta with Curly Kale Fromage Frais with Apricot Puree	Roast Turkey (Soya), Roast Potatoes & Seasonal Vegetables Peaches & Plums
Tea	Chicken (Mixed Pepper) Fajitas & Sweetcorn Strawberry Fool Ripple	Welsh Rarebit Muffins with Vegetable Sticks (V) Banana & Clementines	Cook's Tomato Soup with Baked Baguette (V) Pineapple Upside Down Pudding with Custard	Warm Rolls served with Boiled Egg, Ham (Quorn Slices) & Vegetable Sticks 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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