







## Winter Menu – Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (8:00 – 8:45 am)</b>	A Selection of cereals with warm or cold milk, toast and butter, with milk or water to drink. A selection of fruit will also be available				
<b>Morning Snack 10.00am</b>	Snack table containing a bowl of mixed fruit, assorted crackers and milk will also be available during the day for children to choose from if they wish.				
<b>Lunch 11.30am</b>	Tuna and Broccoli Wholegrain pasta served with Peas and Carrots	Mixed Vegetable Stew and Rice	Pasta Bolognese (Lean Beef mince, carrots, grated zucchini and tomatoes) served with penne pasta	chicken curry with rice, veg including cauliflower, broccoli, carrots, courgettes, spinach and green beans	Stir fry mince, with Vegetables including green beans, carrots, sweetcorn and noodles
	Allergens: <b>fish, gluten</b>	Allergens: <b>gluten, dairy</b>	Allergens: <b>egg, dairy</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten</b>
<b>Vegetarian</b>	Mixed Vegetable wholegrain pasta Bake served with Peas and Carrots	Mixed Vegetable Stew and Rice	Quorn meat balls in tomato sauce with carrots, grated Zucchini served with penne pasta	Vegetable curry with rice veg including cauliflower, broccoli, carrots, courgettes, spinach and green beans	Chick peas in tomato sauce, veg inc, courgettes, green beans, carrots and spinach
	Allergens: <b>dairy, gluten</b>	Allergens: <b>gluten, dairy</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten</b>	Allergens: <b>Gluten</b>
<b>Dessert</b>	Berry Crumble	Homemade Vanilla Sponge	Fresh Fruit	Banana and Custard	Natural Yoghurt and Fruit
	Allergens: <b>dairy</b>	Allergens: <b>dairy, egg</b>	Allergens:	Allergens: <b>dairy</b>	Allergens: <b>dairy</b>
<b>Tea (4.00pm)</b>	Jacket potato with Cheese	Tomato Soup and Warm Bread	Beans on toast	Basil pesto with spinach	Pancakes and fruit
	Allergens: <b>dairy</b>	Allergens: <b>dairy, gluten</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten</b>	Allergens: <b>dairy, gluten</b>
<b>Afternoon Snack (2.30 and 5.30pm )</b>	<p>A snack table containing a bowl of mixed fruit, assorted crackers and milk will also be available during the day for children to choose from if they wish.</p> <div style="display: flex; justify-content: space-between; align-items: center;">   </div>				

## Winter Menu – Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (8:00 – 8:45 am)</b>	A Selection of cereals with warm or cold milk, toast and butter, with milk or water to drink. A selection of fruit will also be available				
<b>Morning Snack 10.00am</b>	Snack table containing a bowl of mixed fruit, assorted crackers and milk will also be available during the day for children to choose from if they wish.				
<b>Lunch 11.30am</b>	Wholegrain vegetable rice with egg, sweetcorn, spring onions and carrots,	Cottage pie with peas, carrots and broccoli.	Chicken pesto Pasta with spinach and basil served with Garlic Bread	Cod Ratatouille with Boiled New potatoes served with Mixed Vegetables	Lentil, Chickpea and Vegetable Hotpot with rice
	Allergens: , <b>egg, gluten, dairy</b>	Allergens: <b>gluten , dairy</b>	Allergens: <b>gluten, dairy</b>	Allergens: <b>gluten, Fish</b>	Allergens: <b>gluten</b>
<b>Vegetarian</b>	Wholegrain vegetable rice with egg, sweetcorn, spring onions and carrots,	Quorn cottage pie with peas, carrots and broccoli.	Pesto pasta with Peas, Spinach and basil served with Garlic Bread	Root vegetable Ratatouille with Boiled New potatoes served with Carrots	Lentil, Chickpea and Vegetable Hotpot with rice
	Allergens: <b>egg, gluten, dairy</b>	Allergens: <b>gluten , dairy</b>	Allergens: <b>gluten, Dairy</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten</b>
<b>Dessert</b>	Banana and Custard	Mixed Fresh Fruit	Mixed Berry Crumble	Natural yoghurt	Homemade Carrot Cake
	Allergens: Dairy	Allergens: <b>dairy</b>	Allergens: Dairy, Gluten	Allergens: <b>dairy</b>	Allergens: <b>dairy, gluten</b>
<b>Tea (4 pm)</b>	Cracker selection served with Vegetable sticks and soft Cheese	homemade lentil soup with carrots, sweet potato, potato and spinach	Pitta Pockets with a selection of Tuna, Cheese and Ham Fillings.	Beans and Cheese on toast	Tuna pasta bake
	Allergens: <b>dairy</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten</b>	Allergens: <b>dairy, gluten</b>	Allergens: <b>dairy , gluten, Fish</b>
<b>Afternoon Snack (2.30 and 5.30)</b>	A snack table containing a bowl of mixed fruit, assorted crackers and milk will also be available during the day for children to choose from if they wish.				
					

## Winter Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (8:00 – 8:45 am)</b>	A Selection of cereals with warm or cold milk, toast and butter, with milk or water to drink. A selection of fruit will also be available				
<b>Morning Snack 10</b>	Snack table containing a bowl of mixed fruit, assorted crackers and milk will also be available during the day for children to choose from if they wish.				
<b>Lunch 11.30</b>	Chilli Con Carne with Mushrooms and Kidney Beans Served with Rice and Broccoli	Roast Chicken with Roast Potatoes, Broccoli, Peas, Sweetcorn and Gravy	Root vegetable Soup served with warm bread	Pork Sausage Casserole served with Mashed Potatoes and Mixed Veg	Salmon Pasta Bake served with Peas and Broccoli
	Allergens: , <b>gluten, dairy</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten, dairy</b>	Allergens: <b>gluten, Fish</b>
<b>Vegetarian</b>	Quorn Chilli Con Carne with Mushrooms and Kidney Beans Served with Rice and Broccoli	Roast Quorn with Roast Potatoes, Broccoli, Peas, Sweetcorn and Gravy	Root vegetable Soup served with warm bread	Chickpea and Lentil Casserole served with Mash Potatoes and Mixed veg	Vegetable Pasta Bake served with Peas and Broccoli
	Allergens: <b>gluten, dairy</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten, Dairy</b>	Allergens: <b>gluten</b>
<b>Dessert</b>	Apple Crumble and Custard	Homemade Shortbread Biscuits	Fresh Fruit	Poached Pears and Natural yogurt	Homemade Carrot Cake
	Allergens: Dairy, gluten	Allergens: <b>dairy, gluten</b>	Allergens: Gluten	Allergens: <b>dairy</b>	Allergens: <b>Egg, gluten</b>
<b>Tea (4.00pm)</b>	Chicken Goujons served with Pitta Bread and Carrot sticks and Tomatoes	Cracker selection served with Vegetable sticks and soft Cheese	Fish Fingers and Beans with Cucumber and Shredded Lettuce	Choice of Pizza served with Garlic Bread and cucumber sticks	Homemade Pumpkin Soup served with Garlic Bread
	Allergens: <b>Gluten</b>	Allergens: <b>gluten, Dairy</b>	Allergens: <b>gluten, Fish</b>	Allergens: <b>dairy, gluten</b>	Allergens: <b>dairy, gluten,</b>
<b>Afternoon Snack (2.30 and 5.30)</b>	A snack table containing a bowl of mixed fruit, assorted crackers and milk will also be available during the day for children to choose from if they wish.				
					

## Winter Menu – Week 4

<b>Breakfast (8:00 – 8:45 am)</b>	A Selection of cereals with warm or cold milk, toast and butter, with milk or water to drink. A selection of fruit will also be available				
<b>Morning Snack 10.00</b>	Snack table containing a bowl of mixed fruit, assorted crackers and milk will also be available during the day for children to choose from if they wish.				
<b>Lunch 11.30</b>	Tuna and Sweetcorn Pasta Bake served with Peas and Garlic Bread	Chicken Casserole served with Mash Potatoes	Beef and Broccoli Stir Fry With noodles,, Sweetcorn, Peas and Carrots	Vegetable Rice Bake served with a selection of Green Veg	Fish Fingers, Sweet potato Fries served with Sweetcorn and peas
	Allergens: Fish , <b>gluten, dairy</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten, egg</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten, Fish</b>
<b>Vegetarian</b>	Chickpea and Sweetcorn Pasta Bake served with Peas and Garlic Bread	Mixed Vegetable Casserole served with Mash Potatoes	Quorn and Broccoli Stir Fry with noodles and Sweetcorn, Peas and Carrots	Vegetable Rice Bake served with a selection of Green Veg	Vegetable Patty, Sweet potato Fries served with Sweetcorn and peas
	Allergens: <b>gluten, dairy</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten, Dairy</b>	Allergens: <b>gluten</b>
<b>Dessert</b>	Mixed Fresh Fruit and Yogurt	Homemade Apple Cake	Berry Crumble and Yogurt	Fresh Fruit	Rice Pudding
	Allergens: Dairy, gluten	Allergens: <b>dairy, gluten</b>	Allergens: Gluten	Allergens: <b>dairy</b>	Allergens: <b>dairy, gluten,</b>
<b>Tea (4.00pm)</b>	Jacket Potato with Cheese and Beans	Sweet Potato and Lentil soup with garlic Bread	Pesto pasta with Peas, Spinach and basil served with Garlic Bread	Pork, Chicken or Quorn sausage Hotdogs with Vegetable Sticks	Selection of Sandwiches (Cheese and Cucumber, Tuna and Sweetcorn or Ham)
	Allergens: <b>Gluten, Dairy</b>	Allergens: <b>gluten, Dairy</b>	Allergens: <b>gluten</b>	Allergens: <b>gluten</b>	Allergens: <b>dairy , gluten, Fish</b>
<b>Afternoon Snack (2.30 and 5.30)</b>	<p>A snack table containing a bowl of mixed fruit, assorted crackers and milk will also be available during the day for children to choose from if they wish.</p> <div style="display: flex; justify-content: space-between; align-items: center;">   </div>				

