



Winter Menu - October to March



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30AM	White or wholemeal toast, or choice of cereals with fresh milk				
Snack 10:15AM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Lunch 11:30	Tomato & Lentil pasta bake	Cottage pie with vegetables	Creamy tuna pasta bake	Chicken, lentil & spinach curry with rice	Lasagne with garlic bread
Vegetarian	Tomato & Lentil pasta bake	Lentil cottage pie with vegetables	Broccoli & cauliflower pasta bake	Beany spinach curry with rice	Lentil lasagne with garlic bread
Dessert	Peaches with yoghurt	Selection of fresh fruit	Melon & pineapple	Jelly	Selection of fresh fruit
Snack 2:00PM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Tea 3:00PM	Cream cheese or hummus wraps with vegetable sticks	Bagels & cheese with apple slices	Cheese wheels & beans	Beans on toast	Sandwich selection with vegetable sticks
	Rice pudding	Homemade banana loaf	Bananas & custard	Selection of fresh fruit	Seasonal fruit crumble & custard
Snack 5:00PM	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

All of our delicious meals are cooked fresh on the premises, and always include vegetables. Water and milk served throughout the day and at mealtimes.



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30AM	White or wholemeal toast, or choice of cereals with fresh milk				
Snack 10:15AM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Lunch 11:30	Macaroni cheese with broccoli	Pasta bolognese	Chicken in gravy with roast potatoes & veg	Mushroom carbonara	Fish cakes & cheese sauce, with potatoes & veg
Vegetarian	Macaroni cheese with broccoli	Lentil pasta bolognese	Veggie meatballs with roast potatoes & veg	Mushroom carbonara	Veggie fingers & cheese sauce, with potatoes & veg
Dessert	Selection of fresh fruit	Bananas & custard	Homemade lemon cake	Melon & pineapple	Homemade chocolate cake
Snack 2:00PM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Tea 3:00PM	Pizza fingers	Beans on toast	Sandwich selection with vegetable sticks	Cheese wheels & beans	Crackers & cheese with cucumber
	Peaches with yoghurt	Rice pudding	Selection of fresh fruit	Jelly	Selection of fresh fruit
Snack 5:00PM	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30AM	White or wholemeal toast, or choice of cereals with fresh milk				
Snack 10:15AM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Lunch 11:30	Fish pie with vegetables	Butternut squash & bean chilli with rice	Sweet potato coconut curry with rice	Chicken & vegetable pie with new potatoes	Sausage cowboy pie with sweetcorn
Vegetarian	Creamy vegetable pie	Butternut squash & bean chilli with rice	Sweet potato & coconut curry with rice	Creamy quorn pie with new potatoes	Veggie sausage cowboy pie with sweetcorn
Dessert	Bananas & custard	Jelly	Selection of fresh fruit	Peaches with yoghurt	Selection of fresh fruit
Snack 2:00PM	Children are provided fruit pieces, vegetable sticks, cheese, rice cakes, crackers or breadsticks				
Tea 3:00PM	Ham or cheese pitta breads with veg sticks	Sandwich selection with vegetable sticks	Beans on toast	Ham or cheese english muffins with cucumber	Pizza fingers
	Selection of fresh fruit	Melon & pineapple	Homemade coconut & jam sponge	Seasonal fruit pie with custard	Rice pudding
Snack 5:00PM	Variety of fruit pieces, oat cakes, crackerbread, rice cakes, or crackers				

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