

Winter Menu - Week 1

Day	Breakfast	Morning Snack	Lunch/Pudding	Afternoon Snack	Tea
Monday	Selection of cereal (Rice crispies, Weetabix, Hoops, Shredded wheat) with milk and toast	Fresh fruits, such as apples, pears, oranges, bananas, raisins or vegetables such as carrots or cucumbers with dips. Milk to drink.	Cheesy Pasta with Vegetables Strawberry Delight	Selection of dry snacks such as Rice cakes, Oat cakes, Bread sticks or Crackers with butter and jam/dips/soft cheese.	Potatoe waffles with beans
Tuesday			Shepards pie with Quorn mince with Garlic Bread Canned Fruit with Custard		Cheese on toast
Wednesday			Grilled chicken with Mash and gravy (Quorn Alt) Fruit Cocktail		Tomato Soup with Toast
Thursday			Vegetable Sausages/Pork with Mashed Potatoes and Gravy Natural Yogurt with Berries		Houmous with vegetabl sticks and pitta bread
Friday			Fish Fingers and chips with beans Ice Cream with Jelly		Crumpets with butter/jam

Winter Menu - Week 2

Day	Breakfast	Morning Snack	Lunch/Pudding	Afternoon Snack	Tea
Monday	Selection of cereal (Rice crispies, Weetabix, Hoops, Shredded wheat) with milk and toast	Fresh fruits, such as apples, pears, oranges, bananas, raisins or vegetables such as carrots or cucumbers with dips. Milk to drink.	Chicken/Quorn Chicken in a Soy Sauce Stir Fry with Mixed Vegetables Ice cream	Selection of dry snacks such as Rice cakes, Oat cakes, Bread sticks or Crackers with butter and jam/dips/soft cheese.	Sandwich Rolls with Cheese, Ham and Vegetables
Tuesday			Diced Fish filets/Vegetables with Herbs with Potatoes and Peas Fresh fruit with Natural Yogurt		Chicken Nuggets with Baked Beans
Wednesday			Vegetable Curry with Rice and Naan Bread Muffins		Vegetable Pasta Salad
Thursday			Lightly Seasoned Sausage/Vegetarian Sausage with Mash and Sweetcorn Jelly		Spaghetti Hoops with Potato Waffles
Friday			Spaghetti Bolognaise/Quorn Mince with Garlic Bread Ice cream and Berries		Crumpets/Cross Buns with Butter and Jam

Winter Menu - Week 3

Day	Breakfast	Morning Snack	Lunch/Pudding	Afternoon Snack	Tea
Monday	Selection of cereal (Rice crispies, Weetabix, Hoops, Shredded wheat) with milk and toast	Fresh fruits, such as apples, pears, oranges, bananas, raisins or vegetables such as carrots or cucumbers with dips. Milk to drink.	Mac and cheese and Garlic Bread Ice Cream	Selection of dry snacks such as Rice cakes, Oat cakes, Bread sticks or Crackers with butter and jam/dips/soft cheese.	Chicken Nuggets and beans
Tuesday			Grilled Chicken/Quorn Chicken with Seasoned Vegetables and Rice Raisins Flapjack		Pitta Bread with Humous, Cheese and Vegetables
Wednesday			Cheesy Fish Pie with Mashed Potatoes and Vegetables Custard with Fruits		Ssweet Pancakes with syrup and mixed berries For Egg Allergy: Tomato Soup and Toast
Thursday			Egg Fried Rice with Sausages/ Vegetarian Sausages For Egg Allergy: Rice Marble Cake		Spaghetti Hoops with Potato Waffles
Friday			Beef/Quorn Mince Cottage Pie with Carrots and Peas Fruits with Yogurt		Cheesy Pizza Slices

Winter Menu - Week 4

Day	Breakfast	Morning Snack	Lunch/Pudding	Afternoon Snack	Tea
Monday	Selection of cereal (Rice crispies, Weetabix, Hoops, Shredded wheat) with milk and toast	Fresh fruits, such as apples, pears, oranges, bananas, raisins or vegetables such as carrots or cucumbers with dips. Milk to drink.	Pasta Bolognaise/Quorn Mince with Cheese Fruit Salad	Selection of dry snacks such as Rice cakes, Oat cakes, Bread sticks or Crackers with butter and jam/dips/soft cheese.	Soup of the Day with Toast
Tuesday			Meatballs/Quorn Meatballs and Mashed Potaotes with Hidden Vegetables Sauce Natural Yogurt with Bananas		Sandwiches with Vegetables
Wednesday			Chicken/Quorn Chicken Sweet and Sour Sauce with Rice Shortbreads		Vegetable Fingers with Beans
Thursday			Vegetable Pie with Gravy Cupcakes		Cheesy Toasties
Friday			Sausage/Vegetarian Sausage Casserole Ice cream		Fish Fingers with Spaghetti Hoops