



Winter Menu Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:00 – 8:45 am)	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				
Morning Snack 10:00 - 10:30am	Snack table containing a bowl of mixed fruit, assorted crackers , breadsticks and milk will also be available during the day for children to choose from if they wish.				
Lunch E/R 11:15 D/R 11:45am	Shepard Pie, fresh vegetables	Chicken stew with pasta, fresh vegetables	Chilli con carne with rice, vegetables	Roast chicken with rice, gravy, vegetables	Vegetable pasta bake with cucumber and tomatoes
	Allergens: gluten	Allergens: gluten	Allergens: gluten	Allergens: gluten	Allergens: gluten
Vegetarian	Vegetable pie, fresh vegetables	Vegetable Stew with pasta, fresh vegetables	Vegetable con carne with rice vegetables	Vegetarian fingers and rice gravy with vegetables	Vegetable pasta bake with cucumber and tomatoes
	Allergens: gluten	Allergens: gluten	Allergens: gluten	Allergens: gluten	Allergens: gluten
Dessert	Yoghurts/ Fruits	Yoghurt/ Fruits	Yoghurt/ Fruits	Yoghurt/ Fruits	Yoghurt / Fruits
	Allergens: dairy	Allergens: dairy	Allergens: dairy	Allergens: dairy	Allergens: dairy
Tea (3:30pm)	Tuna pasta Vegetable pasta Milk, fruits	Fish fingers and chips Vegetable fingers and chips Milk, fruits	Macaroni cheese/ Vegetable pasta Milk, fruits	Spinach pasta Raisins, milk	Sandwiches with cheese and butter Milk, fruits
	Allergens: dairy	Allergens: fish, dairy , gluten	Allergens: dairy	Allergens: dairy, gluten	Allergens: dairy , gluten

**Afternoon Snack
(4pm)**

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 2

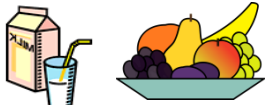
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:00 – 8:45 am)	A Selection of cereals with warm or cold milk, toast and butter, with milk or water to drink. A selection of fruit will also be available				
Morning Snack 10:00 - 10:30am	Snack table containing a bowl of mixed fruit, assorted crackers , breadsticks and milk will also be available during the day for children to choose from if they wish.				
Lunch E/R 11:15 D/R 11:45am	Spaghetti Bolognese, sweetcorn and carrots	Chicken stew with rice, vegetables	Beef meatballs, tomato sauce with potatoes. Fresh vegetables	Roast chicken with rice gravy vegetables	Chicken sausage, tomato sauce with pasta
	Allergens: - gluten	Allergens: gluten	Allergens: gluten	Allergens: - gluten	Allergens: gluten
Vegetarian	Vegetarian Quorn Bolognese, sweetcorn and carrots	Vegetable vegetarian stew with rice	Quorn meatballs in tomato sauce with potatoes. Fresh vegetables	Vegetarian fingers and rice, gravy with vegetables	Vegetables with pasta
	Allergens: - gluten	Allergens: gluten	Allergens: gluten	Allergens: -	Allergens: gluten
Dessert	Yoghurt / Fruits	Yoghurt / Fruits	Yoghurt / Fruits	Yoghurt / Fruits	Yoghurt/ Fruits
	Allergens: dairy	Allergens: dairy	Allergens: dairy	Allergens: dairy	Allergens: dairy

Tea (3:30pm)	Vegetable rice Milk, Fruits	Fish fingers/ Vegetable fingers and chips Milk, Fruits	Tuna pasta Vegetable pasta Milk, Fruits	Baked potatoes with baked bean Milk, fruits	Sandwiches with cheese and butter Milk, fruits
	Allergens: dairy, gluten	Allergens: gluten, fish	Allergens: gluten	Allergens: fish, gluten	Allergens: dairy, gluten
Afternoon Snack (4pm)	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

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:00 – 8:45 am)	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				
Morning Snack 10:00 - 10:30am	Snack table containing a bowl of mixed fruit, assorted crackers, breadsticks and milk will also be available during the day for children to choose from if they wish.				
Lunch E/R 11:15 D/R 11:45am	Beef meatballs in tomato sauce with pasta and vegetables	Chicken curry with rice and vegetables	Spaghetti Bolognese with sweetcorn and carrots	Roast chicken with rice gravy vegetables	Tuna pasta bake
	Allergens: gluten	Allergens: gluten	Allergens: -	Allergens: -	Allergens: gluten
Vegetarian	Quorn meatballs with tomato sauce with pasta with vegetables.	Vegetable Curry with rice	Vegetarian Quorn Bolognese with sweetcorn and carrots	Vegetarian fingers and rice gravy with vegetables	Vegetables pasta bake
	Allergens: gluten	Allergens: gluten	Allergens: -	Allergens: -	Allergens: gluten

Dessert	Yoghurt / Fruits	Yoghurt / Fruits	Yoghurt / Fruits	Yoghurt	Yoghurt
	Allergens: dairy	Allergens: dairy	Allergens: dairy	Allergens: dairy	Allergens: dairy
Tea (3:30pm)	Vegetable rice Milk and mixed fruit	Spinach pasta Milk and fruits	Fish fingers/ Vegetable fingers and chips Fruit and milk	Potatoes with baked beans Fruit and milk	Sandwiches with cheese and butter Milk, fruits
	Allergens: dairy, gluten	Allergens: dairy, gluten	Allergens: -fish	Allergens: gluten	Allergens: fish, gluten
Afternoon Snack (4pm)	<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> 				

Winter Menu Week 4

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8:00 – 8:45 am)	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				
Morning Snack 10:00 - 10:30am	Snack table containing a bowl of mixed fruit, assorted crackers , breadsticks and milk will also be available during the day for children to choose from if they wish.				
Lunch E/R 11:15 D/R 11:45am	Chilli con carne with rice, vegetables.	Chicken stew with potatoes, vegetables	Spaghetti Bolognese with sweetcorn and carrots	Roast chicken with rice gravy, vegetables	Vegetable pasta bake with cucumber and tomatoes

	Allergens: - gluten	Allergens: dairy	Allergens: gluten	Allergens: - gluten	Allergens: gluten
Vegetarian	Vegetable con carne with vegetables.	Vegetarian stew with potatoes	Vegetarian Quorn Bolognese with sweetcorn and carrots	Vegetarian fingers and rice gravy with vegetables	Vegetable pasta bake
	Allergens: -gluten	Allergens: gluten	Allergens: gluten	Allergens: -	Allergens: gluten
Dessert	Yoghurt / Fruit	Yoghurt / Fruit	Yoghurt/ Fruit	Yoghurt / Fruit	Yoghurt/ Fruit
	Allergens: dairy	Allergens: dairy	Allergens: dairy	Allergens: dairy	Allergens: dairy
Tea (3:30pm)	Tuna pasta in tomato sauce Vegetable pasta Milk and fruits	Macaroni cheese Vegetable pasta Milk and fruits	Fish fingers/ Vegetable fingers and chips Milk and fruits	Spinach pasta Milk, raisins	Sandwiches with cheese and butter Milk, fruits
	Allergens: gluten, dairy	Allergens: gluten	Allergens: gluten	Allergens: fish, gluten	Allergens: fish, gluten
Afternoon Snack (4pm)	<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> 