

Winter Menu					
Week 1					
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
Snack	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
Lunch	Roast beef, roast potatoes, seasonal veg, sage and onion stuffing and onion gravy G	Homemade Mac and cheese G, DA	Chicken fajitas with peppers and onions in wholemeal wraps G	Chef's homemade Spanish rice with seasonal veg in a rich tomato sauce G	Fish cakes with seasonal veg and new potatoes G, F
Vegetarian Lunch	Roast Quorn, roast potatoes, seasonal veg, sage and onion stuffing and onion gravy G, E, DA, SO	Homemade Mac and cheese G, DA	Quorn fajitas with peppers and onions in wholemeal wraps G, E	Chef's homemade Spanish rice with seasonal veg in a rich tomato sauce G	Fishless cakes with seasonal veg and new potatoes G, E, DA
Dessert	Homemade fresh ginger biscuits G	Low sugar banana custard DA	Melon slices DA	Homemade apple oat bars G	Fruit compote DA
Tea	Mexican-spiced beef & veg in wholemeal tortillas G, DA	Fresh homemade tomato basil soup with wholemeal pitta bread G, DA	Homemade jacket potato with warm curried bean filling DA	Homemade Margherita pizza wheels with veg sticks G, SS, SO	Children's choice of homemade sandwiches: chicken or cheese with carrot and cucumber sticks G, E, DA
Vegetarian Tea	Mexican-spiced Quorn & veg in wholemeal tortillas G, E, DA	Fresh homemade tomato basil soup with wholemeal pitta bread G, DA	Homemade jacket potato with warm curried bean filling DA	Homemade Margherita pizza wheels with veg sticks G, SS, SO	Children's choice of homemade sandwiches: Quorn or cheese with carrot and cucumber sticks G, E, DA
Children will be offered water or milk to drink with their tea.					
Dessert	Orange smiles	Selection of fresh fruit	Seasonal fruit compote DA	Pineapple slices	Apple and sultanas

Where allergens are present, they are displayed under the appropriate meal

1. CE - CELERY
2. G - GLUTEN
3. CR - CRUSTACEANS
4. E - EGGS
5. F - FISH
6. L - LUPIN
7. DA - DAIRY
8. M - MOLLUSCS
9. MU - MUSTARD
10. N - NUTS
11. PE - PEANUTS
12. SS - SESAME SEEDS
13. SO - SOYA
14. SD - SULPHUR DIOXIDE

We accommodate children with specific dietary needs or allergies. Please inform us of any requirements, and we will ensure meals are prepared accordingly to meet your child's individual needs.

Please note that our chef may make changes due to supply availability, weather conditions, or other unforeseen circumstances.

All our food is produced each day on site by our own chef
All dietaries are catered for. Please speak to us if you have any questions.

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07746 118040



Winter Menu Week 2					
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
Snack	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
Lunch	Roast chicken, roast potatoes, seasonal veg, Yorkshire puddings and gravy G, E, DA	Homemade vegetable pasta bake G, DA	Homemade shepherd's pie with carrots and peas G	Breaded chicken, veg rice with herbs and seasonal veg G	Homemade tuna pasta bake with sweetcorn and mushrooms in white sauce G, F, DA
Vegetarian Lunch	Roast Quorn, roast potatoes, seasonal veg, Yorkshire puddings and gravy G, E, DA, SO	Homemade vegetable pasta bake G, DA	Homemade Quorn pie with carrots and peas G, E	Quorn goujons, veg rice with herbs and seasonal veg G, E	Homemade Quorn pasta bake with sweetcorn and mushrooms in white sauce G, E, DA
Dessert	Seasonal fruit and yoghurt DA	Homemade banana bread G	Orange smiles	Fruit pureé and yoghurt DA	Homemade cinnamon swirls G
Tea	Homemade minestrone soup with wholemeal pitta bread G, DA	Fish fingers in a wholemeal bap with cucumber and house dressing G, E, F, DA	Homemade vegetable pizza wheels with a selection of veg sticks G, DA	Jacket potato with coronation chicken E, MU	Selection of homemade sandwiches: chicken, cheese or cream cheese and cucumber with veg sticks G, E, DA
Vegetarian Tea	Homemade minestrone soup with wholemeal pitta bread G,DA	Fishless fingers in a wholemeal bap with cucumber and house dressing G, E, DA	Homemade vegetable pizza wheels with a selection of veg sticks G, DA	Jacket potato with coronation Quorn E, MU	Selection of homemade sandwiches: Quorn, cheese or cream cheese and cucumber with veg sticks G, E, DA
Children will be offered water or milk to drink with their tea.					
Dessert	Fruity jelly (low sugar)	Fruit slices	Watermelon slices	Apples and grapes	Fruit medley

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Week 3					
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Breakfast	Selection of cereals Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
Snack	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
Lunch	Chickpea, mushroom and pepper in curried sauce with rice G, DA	Chilli con carne with homemade potato wedges G, DA, MU	Homemade chicken and mushroom pie with seasonal veg G, DA	Mixed vegetable stir-fry with Singapore rice noodles in sweet and sour sauce	Fish cakes, spring onion mash and seasonal veg G, F
Vegetarian Lunch	Chickpea, mushroom and pepper in curried sauce with rice G, DA	Quorn chilli con carne with homemade potato wedges G, E, DA, MU	Homemade Quorn and mushroom pie with seasonal veg G, E, DA	Mixed vegetable stir-fry with Singapore rice noodles in a sweet and sour sauce	Bean cakes, spring onion mash and seasonal veg G
Dessert	Homemade apple and cinnamon oatmeal bars G	Mango pureé and Greek yoghurt DA	Homemade vanilla biscuits G	Juicy peach slices with low-sugar custard DA	Tropical fruit salad
Tea	Tuna and cheese melts with vegetable sticks G, F, DA, SS	Marmite crumpets with cucumber and pepper sticks G	Homemade sweet potato and pepper soup with wholemeal pitta bread G, DA	Rainbow couscous with peas, carrots and sweetcorn in a tomato and basil sauce G	Selection of homemade sandwiches: chicken or cheese with veg sticks G, E, DA
Vegetarian Tea	Cheese melts with vegetable sticks G, DA, SS	Marmite crumpets with cucumber and pepper sticks G	Homemade sweet potato and pepper soup with wholemeal pitta bread G, DA	Rainbow couscous with peas, carrots and sweetcorn in a tomato and basil sauce G	Selection of homemade sandwiches: Quorn, cheese or cream cheese with veg sticks G, E, DA
Children will be offered water or milk to drink with their tea.					
Dessert	Children's choice of apple or pear	Selection of melon	Banana slices	Greek yoghurt DA	Fruit and Greek yoghurt DA

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Week 4					
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Breakfast	Selection of cereals Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
Snack	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
Lunch	Beef fajitas with mixed peppers and sweetcorn in a wholemeal wrap G	Sage, bacon and parsnip pasta in a homemade garlic creamy sauce G, DA	Lamb and seasonal veg hotpot G	Spaghetti with Swedish meatballs in tomato and onion sauce G	Salmon and cheese melts with cucumber and carrot sticks G, DA, SS, SO
Vegetarian Lunch	Quorn fajitas with mixed peppers and sweetcorn in a wholemeal wrap G, E	Sage, Quorn and parsnip pasta in a homemade garlic creamy sauce G, E, DA	Quorn and seasonal veg hotpot G, E	Spaghetti with Quorn meatballs in tomato and onion sauce G, E	Cheese melts with cucumber and carrot sticks G, DA, SS, SO
Dessert	Fruit medley	Homemade apple oat bars G	Vanilla Greek yoghurt with pear purée G, E	Peach purée and Greek yoghurt DA	Fruit muffins G
Tea	Chicken goujons with seasoned potato wedges and seasonal veg G	Children's choice of turkey salad wraps or cheese salad wraps with cucumber and carrot sticks G, DA	Homemade chilli con carne jacket potatoes with sour cream G, DA	Homemade mushroom, leek and potato soup with wholemeal pitta bread G, DA	Children's choice of homemade sandwiches: chicken, cheese or cream cheese and cucumber with veg sticks G, E, DA
Vegetarian Tea	Quorn goujons with seasoned potato wedges and seasonal veg G, E	Children's choice of Quorn salad wraps or cheese salad wraps with cucumber and carrot sticks G, E, DA	Homemade Quorn chilli con carne on jacket potatoes with sour cream G, E, DA	Homemade mushroom, leek and potato soup with wholemeal pitta bread G, DA	Children's choice of homemade sandwiches: Quorn, cheese or cream cheese and cucumber with veg sticks G, E, DA
Children will be offered water or milk to drink with their tea.					
Dessert	Pineapple slices	Watermelon slices	Apple slices	Fruit jelly (low sugar)	Mixed fruit platter

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