

WEEKLY MENU (Winter)

WEEK 1 beginning Mon 25th Oct, Mon 22nd Nov, Mon 20th Dec, Mon 17th Jan, Mon 14th Feb, Mon 14th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Porridge with Fruit Option or choice of Cereals Milk	Malt Loaf with Apple Slices or choice of Cereals Milk	Crumpets with Banana and Apple Slices or choice of Cereals Milk	Organic Oat Cakes with Marmite Fruit or choice of Cereals Milk	Wheat Biscuits with Milk and Bananas or choice of Cereals Milk
LUNCH	Ham and Pea Penne Pasta Water	Vegetarian Toad in the Hole with Cabbage, Baby Carrots, Gravy Water	Moroccan Stew with Chicken or Turkey, Prunes, Peppers and Couscous Water	Spaghetti Bolognese Water	Potato, Broccoli and Cauliflower Bake Water
VEGETARIAN OPTION	Cheese and Pea Penne Pasta	Vegetarian Toad in the Hole with Cabbage, Baby Carrots and Gravy	Moroccan Vegetable Stew with Couscous	Vegetarian Spaghetti Bolognese	Potato, Broccoli and Cauliflower Bake
PUDDING	Banana Custard	Beetroot and Cocoa Brownies	Orange Yogurt Cake	Fruit Filled Jelly and Ice Cream	Warm Oat Fruit Salad and Natural Yoghurt
TEA	Baked Beans or Spaghetti with Toast Fingers Fresh Fruit with Yoghurt or Fromage Frais Milk	Sweet Potato and Potato Wedges with Tomato Sauce and/or Vegetable Fingers Fresh Fruit Milk	Savoury Eggs, Pineapple, Carrot, Celery and Cucumber Batons Breadsticks Fruity Flapjacks Milk	Pizza Slices with Salad Fresh Fruit and Natural Yoghurt Milk	Assorted Sandwiches Fruit Mousse Milk

WEEKLY MENU (Winter)

WEEK 2 beginning Mon 1st Nov, Mon 29th Nov, Mon 27th Dec, Mon 24th Jan, Mon 21st Feb, Mon 21st March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Malt Loaf and Apple Slices or choice of Cereals Milk	Organic Oat Cakes, Fresh Fruit or choice of Cereals Milk	Yoghurt or Fromage Frais and Fruit or choice of Cereals Milk	Vegetable Batons, Fresh Fruit and Natural Yoghurt Dip or choice of Cereals Milk	Cheese and Crumpets with Apple Slices or Wheat Biscuits or choice of Cereals Milk
LUNCH	Tuna Pasta Bake with Vegetables Water	Fish Fingers Peas and Crispy Potatoes Water	Root Vegetable Curry and Boiled Rice Water	Chicken and Butter Bean Casserole Baby Potatoes Water	Lasagne with Salad Water
VEGETARIAN OPTION	Vegetarian Pasta Bake	Fish Fingers or Vegetable Fingers Peas and Crispy Potatoes	Root Vegetable Curry and Boiled Rice	Quorn and Butter Bean Casserole with Baby Potatoes	Chickpea Lasagne with Salad
PUDDING	Rice Pudding	Fruit Salad with Warm Chocolate Sauce	Ginger Cake with Custard Option	Banana Custard	Fruit Filled Jelly Trifle
TEA	Crumpets with Cheese or Marmite Fruit Salad and Ice Cream Milk	Warm Tomato, Onion, Garlic and Herb Pasta Malt loaf Milk	Pizza and Coleslaw Fresh Fruit Milk	Vegetable Fingers and Spaghetti in Tomato Sauce Fresh Fruit Milk	Baked Beans with Toast Weetabix Cake and Fruit Milk

WEEKLY MENU (Winter)

WEEK 3 beginning Mon 8th Nov, Mon 6th Dec, Mon 3rd Jan, Mon 31st Jan, Mon 28th Feb, Mon 28th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Organic Oat Cakes or Wheat Biscuits with Milk and Apple Slices or choice of Cereals Milk	Porridge with Fruit Option or choice of Cereals Milk	Malt Loaf with Bananas or choice of Cereals Milk	Toast with Marmite or Jam Fruit or choice of Cereals Milk	Crumpets or Pancakes with Fruit Option or choice of Cereals Milk
LUNCH	Jacket Potatoes with Cheese, Baked Beans and/or Tuna Coleslaw Water	Mild Chilli Con Carne and Rice Water	Vegetarian Cowboy Casserole with Baby Potatoes Water	Sweet and Sour Chicken and Veg with Rice Water	Vegetable Carbonara Water
VEGETARIAN OPTION	Jacket Potatoes with Cheese and Baked Beans with Coleslaw	Mild Vegetarian Chilli Con Carne and Rice	Mixed Bean and Vegetable Casserole with Baby Potatoes	Quorn Sweet and Sour with Veg and Rice	Vegetable Carbonara
PUDDING	Ginger Cake and Custard	Fruity Flapjacks	Peach Crumble and Custard	Blancmange	Milk Pudding
TEA	Assorted Sandwiches Strawberry Crumble Cake Milk	Vegetable Batons, Tomato Dip, Hummus and Wholemeal Fingers Yoghurt and Fruit Milk	Filled Pittas with a choice of Tuna, Ham, Chicken, Cheese, Egg and Salad Fresh Fruit Milk	Pasta Shapes in Tomato Sauce with Wholemeal Toast Fingers Fruit Filled Jelly Milk	Cheese Scones with Cucumber and Carrot Batons Fresh Fruit Milk

WEEKLY MENU (Winter)

WEEK 4 beginnng Mon 15th Nov, Mon 13th Dec, Mon 10th Jan, Mon 7th Feb, Mon 7th March, Mon 4th April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Crumpets and Cheese with Apple Slices or choice of Cereals Milk	Banana and Apple Loaf or choice of Cereals Milk	Toast with Jam or Marmite Fruit or choice of Cereals Milk	Fresh Fruit and Yoghurt or choice of Cereals Milk	Pancakes with Bananas or choice of Cereals Milk
LUNCH	Cottage Pie with Mixed Vegetables Water	Potato, Broccoli and Cauliflower Bake Water	Roast Chicken, Seasonal Vegetables and Crispy Potatoes Water	Tuna Pasta Bake with Salad and Garlic Bread Water	Savoury Mince with Mixed Vegetables and Rice Water
VEGETARIAN OPTION	Vegetarian Cottage Pie with Mixed Vegetables	Potato, Broccoli and Cauliflower Bake	Seasonal Vegetables and Crispy Potatoes (with or without Quorn pieces)	Vegetarian Pasta Bake with Salad and Garlic Bread	Vegetarian Mince with Mixed Vegetables and Rice
PUDDING	Milk Pudding	Fruit Salad and Ice Cream	Crunchy Oat, Strawberry and Banana Pudding	Fruity Rice Pudding	Fruit Mousse
TEA	Filled Pittas (Ham, Cheese, Egg or Tuna) Fresh Fruit Milk	Vegetarian Rolls with Baked Beans Fresh Fruit Milk	Macaroni and Broccoli Cheese Fruit Filled Jelly Milk	Jacket Potatoes and Beans or Tuna Fairy Cakes and Fruit Milk	Cheese Straws and Vegetable Fingers Fromage Frais and Fruit Milk