

Weekly Menu Autumn / Winter

Week 1 beginning Mon 23rd Oct, Mon 20th Nov, Mon 18th Dec, Mon 15th Jan, Mon 12th Feb, Mon 11th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal or Toast and Butter Milk
LUNCH	cheese and Pea Penne Water	Roast chicken, Roast Potatoes, with Cabbage, Carrots, Gravy and Yorkshire Pudding Water	Moroccan Stew with Turkey, Prunes, Peppers and Couscous (can be made and served deconstructed) Water	Spaghetti Bolognaise Water	Potato, Broccoli and Cauliflower Bake Water
VEGETARIAN OPTION	Cheese and Pea Penne	Quorn with Roast Potatoes, Cabbage, Carrots, Vegetarian Gravy and Yorkshire Pudding	Moroccan Vegetable Stew with Couscous	Vegetarian Spaghetti Bolognaise	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 with Toast Fingers Fresh Fruit with Yogurt Milk	Sweet Potato / Potato Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit Milk	Savoury Eggs, Pineapple, Carrot, Celery and Cucumber Batons Fruity Flapjacks Milk	Pizza Slices with Salad Fresh Fruit and Natural Yoghurt Milk	Assorted Sandwiches (not egg) Fruit Mousse Milk

Weekly Menu Autumn / Winter

Week 2 beginning Mon 30th Oct, Mon 27th Nov, Mon 25th Dec, Mon 22nd Jan, Mon 19th Feb, Mon 18th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk
LUNCH	Tuna Pasta Bake with Vegetables Water	Fish Fingers Peas and Crispy Potatoes Water	Root Vegetable & chickpea Curry and Boiled Rice Water	Chicken and Leek Hot Pot Water	Chickpea Lasagne with Salad Water
VEGETARIAN OPTION	Vegetarian Pasta Bake	Fish Fingers or Vegetable Fingers Peas and Crispy Potatoes	Root Vegetable & Chickpea Curry and Boiled Rice	Quorn and Leek Hot Pot	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 Autumn / Winter

Week 3 beginning Mon 6th Nov, Mon 4th Dec, Mon 1st Jan, Mon 29th Jan, Mon 26th Feb, Mon 25th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and Butter Milk
LUNCH	Jacket Potatoes, Cheese, Baked Beans and/or Tuna Coleslaw Water	Mild Chilli Con Carne and Rice Water	Vegetable Moussaka and Salad Water	Roast Chicken, Roast Potatoes, Peas, Carrots and Sweetcorn with Gravy and Yorkshire Pudding Water	Spaghetti Bolognese Water
VEGETARIAN OPTION	Jacket Potatoes with Cheese and Beans with Coleslaw	Mild Vegetarian Chilli Con Carne and Rice	Vegetable Moussaka and Salad	Roast Quorn, Roast Potatoes, Peas, Carrots and Sweetcorn with Vegetarian Gravy and Yorkshire Pudding	Vegetable Spaghetti Bolognese
Pudding	Ginger Cake and Custard	Fruity Flapjacks	Peach Crumble and Custard	Berries and yoghurt	Milk Pudding
TEA	Assorted Sandwiches (not egg) 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 Fresh Fruit Milk	Cheese & Courgette Muffins Fruit Filled Jelly Milk	Cheese Scones with Cucumber and Carrot Batons Fresh Fruit Milk

Weekly Menu Autumn / Winter

Week 4 beginning Mon 13th Nov, Mon 11th Dec, Mon 8th Jan, Mon 5th Feb, Mon 4th March, Mon 1st April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and butter Milk	Selection of Cereals (malt wheat, cornflakes, wheat biscuits, rice cereal) or Toast and butter 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	Bananas & Custard	Fruit Mousse
TEA	Filled Pittas (Ham, Cheese, Egg or Tuna) Fresh Fruit Milk	Vegetarian Rolls Brownie Banana Bread Milk	Macaroni and Broccoli Cheese Fruit Filled Jelly Milk	Sandwiches (not tuna) Fairy Cakes and Fruit Milk	Cheese Straws and Vegetable Fingers Fromage Frais and Fruit Milk