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

wheat, cornflakes, wheat biscs, rice cereal or Toast and Butter Milk		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toast and Butter Toast and Butter Milk	BREAKFAST	Selection of Cereals (malt	Selection of Cereals (malt	Selection of Cereals (malt	Selection of Cereals (malt	Selection of Cereals (malt
Toast and Butter Milk		wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat
Milk LUNCH Cheese and Pea Penne Roast chicken, Roast Potatoes, with Gabbage, Carrots, Gravy and Yorkshire Pudding Water Water		biscs, rice cereal or	biscs, rice cereal or	biscs, rice cereal or	biscs, rice cereal or	biscs, rice cereal or
Milk LUNCH Cheese and Pea Penne Roast chicken, Roast Potatoes, with Gabbage, Carrots, Gravy and Yorkshire Pudding Water Water						
Cheese and Pea Penne Cheese and Pea Penne Water Water Water Water Water Workshire Pudding Water Water Water Water Workshire Pudding Water Cauliflower Bake Cauliflow		Toast and Butter	Toast and Butter	Toast and Butter	Toast and Butter	Toast amd Butter
Potatoes, with Cabbage, Carrots, Gravy and Yorkshire Pudding Water Potato, Broccoli and Cauliflower Bake Caulif		Milk	Milk	Milk	Milk	Milk
Carrots, Gravy and Yorkshire Pudding Water	LUNCH	cheese and Pea Penne	Roast chicken, Roast	Moroccan Stew with Turkey,	Spaghetti Bolognaise	Potato, Broccoli and
Water Potato, Broccoli and Cauliflower Bake Cauliflower Bake Orange Yogurt Cake Brownies TEA Baked Beans with Toast Fingers Sweet Potato / Potato Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Fresh Fruit with Yogurt Fresh Fruit Water Sovella Stew With Couscous Fruit Filled Jelly and Ice Can Warm Oat Fruit Salad and Natural Yoghurt Fresh Fruit Water Potato, Broccoli and Cauliflower Bake Carlot, Cales Wath Couscous Natural Yoghurt Assorted Sandwiches (not egg) Fresh Fruit and Natural Yoghurt Fruit Mousse Yoghurt			Potatoes, with Cabbage,			Cauliflower Bake
Water Associal and Cauliflower Bake Warm Oat Fruit Salad and Natural Yoghurt TEA Baked Beans with Toast Fingers Sweet Potato / Potato Wedges, Tomato Sauce and/or Vegetable Fingers Savoury Eggs, Pineapple, Carrot, Celery and Cucumber Batons Fresh Fruit with Yogurt Fresh Fruit Wousse Fresh Fruit and Natural Yoghurt Fruit Mousse			· · · · · · · · · · · · · · · · · · ·	·		
Cabbage, Carrots, Vegetarian Gravy and Yorkshire Pudding PUDDING Banana Custard Beetroot and Cocoa Brownies Cream Baked Beans with Toast Fingers Sweet Potato / Potato Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Fresh Fruit With Couscous Bolognaise Cauliflower Bake Cauliflower Bake Cream Cream Pizza Slices with Salad Assorted Sandwiches (not egg) Fresh Fruit and Natural Yoghurt Fruit Mousse Fruit Mousse		Water		Water	Water	Water
Cabbage, Carrots, Vegetarian Gravy and Yorkshire Pudding PUDDING Banana Custard Beetroot and Cocoa Brownies Cream Baked Beans with Toast Fingers Sweet Potato / Potato Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Fresh Fruit With Couscous Bolognaise Cauliflower Bake Cauliflower Bake Cream Cream Pizza Slices with Salad Assorted Sandwiches (not egg) Fresh Fruit and Natural Yoghurt Fruit Mousse Fruit Mousse						
Vegetarian Gravy and Yorkshire Pudding 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 Sweet Potato / Potato Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Fresh Fruit Fresh Fruit Fruity Flapjacks Fresh Fruit and Natural Yoghurt Fruity Mousse	VEGETARIAN OPTION	Cheese and Pea Penne	Quorn with Roast Potatoes,	Moroccan Vegetable Stew	Vegetarian Spaghetti	Potato, Broccoli and
PUDDING Banana Custard Beetroot and Cocoa Brownies Orange Yogurt Cake Fruit Filled Jelly and Ice Cream Natural Yoghurt FIEA Baked Beans with Toast Fingers Sweet Potato / Potato Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Fresh Fruit Fresh Fruit Fresh Fruit Fruity Flapjacks Fresh Fruit and Natural Yoghurt Fruity Mousse			Cabbage, Carrots,	with Couscous	Bolognaise	Cauliflower Bake
Baked Beans with Toast Fingers Sweet Potato / Potato Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Brownies Cream Natural Yoghurt Savoury Eggs, Pineapple, Carrot, Celery and Cucumber Batons Fruity Flapjacks Fresh Fruit and Natural Yoghurt Fruity Mousse						
TEA Baked Beans with Toast Fingers Sweet Potato / Potato Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit Fruity Flapjacks Fresh Fruit and Natural Yoghurt Fruit Mousse	PUDDING	Banana Custard	Beetroot and Cocoa	Orange Yogurt Cake	Fruit Filled Jelly and Ice	Warm Oat Fruit Salad and
Fingers Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Fresh Fruit Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit Wedges, Tomato Sauce and/or Vegetable Fingers Batons Fruity Flapjacks Fresh Fruit and Natural Yoghurt Yoghurt			Brownies		Cream	Natural Yoghurt
Fingers Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Fresh Fruit Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit Wedges, Tomato Sauce and/or Vegetable Fingers Batons Fruity Flapjacks Fresh Fruit and Natural Yoghurt Yoghurt						
Fingers Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit with Yogurt Fresh Fruit Wedges, Tomato Sauce and/or Vegetable Fingers Fresh Fruit Wedges, Tomato Sauce and/or Vegetable Fingers Batons Fruity Flapjacks Fresh Fruit and Natural Yoghurt Yoghurt	TE4	Raked Reans with Toast	Sweet Potato / Potato	Savoury Egas, Pineapple	Pizza Slices with Solad	Assorted Sandwiches (not
Yoghurt			Wedges, Tomato Sauce and/or	Carrot, Celery and Cucumber	1122a Siloss Willi Salaa	
Milk Milk Milk Milk Milk		Fresh Fruit with Yogurt	Fresh Fruit	Fruity Flapjacks		Fruit Mousse
171111		Milk	Milk	Milk	Milk	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	Selection of Cereals (malt	Selection of Cereals (malt	Selection of Cereals (malt	Selection of Cereals (malt
	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat
	biscs, rice cereal) or	biscs, rice cereal) or	biscs, rice cereal) or	biscs, rice cereal) or	biscs, rice cereal) or
	Toast and Butter	Toast and Butter	Toast and Butter	Toast and Butter	Toast and Butter
	Milk	Milk	Milk	Milk	Milk
LUNCH	Tuna Pasta Bake with	Fish Fingers Peas and	Root Vegetable & chickpea	Chicken and Leek Hot Pot	Chickpea Lasagne with
	Vegetables	Crispy Potatoes	Curry and Boiled Rice	Water	Salad
	Water	Water	Water		Water
VEGETARIAN OPTION	Vegetarian Pasta Bake	Fish Fingers or Vegetable Fingers Peas and Crispy	Root Vegetable & Chickpea Curry and Boiled Rice	Quorn and Leek Hot Pot	Chickpea Lasagne with Salad
		Potatoes	carry and boned rives		Jaiaa
PUDDING	Rice Pudding	Fruit Salad with Warm	Ginger Cake with Custard	Banana Custard	Fruit Filled Jelly Trifle
		Chocolate Sauce	Option		
TEA	Crumpets with Cheese or Marmite	Warm Tomato, Onion, Garlic and Herb Pasta	Pizza and Coleslaw	Vegetable Fingers and Spaghetti in Tomato Sauce	Baked Beans with Toast
	Fruit Salad and Ice Cream	Malt loaf	Fresh Fruit	Fresh Fruit	Weetabix Cake and Fruit
	Milk	Milk	Milk	Milk	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	Selection of Cereals (malt	Selection of Cereals (malt	Selection of Cereals (malt	Selection of Cereals (malt
	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat
	biscs, rice cereal) or	biscs, rice cereal) or	biscs, rice cereal) or	biscs, rice cereal) or	biscs, rice cereal) or
	Toast and Butter	Toast and Butter	Toast and Butter	Toast and Butter	Toast and Butter
	Milk	Milk	Milk	Milk	Milk
LUNCH	Jacket Potatoes, Cheese,	Mild Chilli Con Carne and	Vegetable Moussaka and	Roast Chicken, Roast	Spaghetti Bolognaise
	Baked Beans and/or Tuna Coleslaw	Rice	Salad	Potatoes, Peas, Carrots and Sweetcorn with Gravy and Yorkshire Pudding	
	Water	Water	Water	Water	Water
VEGETARIAN OPTION	Jacket Potatoes with Cheese and Beans with	Mild Vegetarian Chilli Con Carne and Rice	Vegetable Moussaka and Salad	Roast Quorn, Roast Potatoes, Peas, Carrots	Vegetable Spaghetti Bolognaise
	Coleslaw			and Sweetcorn with Vegetrian Gravy and Yorkshire Pudding	
Pudding	Ginger Cake and Custard	Fruity Flapjacks	Peach Crumble and Custard	Berries and yoghurt	Milk Pudding
TEA	Assorted Sandwiches (not	Vegetable Batons, Tomato	Filled Pittas with a choice	Cheese & Courgette	Cheese Scones with
	egg)	Dip, Hummus and Wholemeal Fingers	of Tuna, Ham, Chicken, Cheese, Egg	Muffins	Cucumber and Carrot Batons
	Strawberry Crumble Cake	Yoghurt and Fruit	Fresh Fruit	Fruit Filled Jelly	Fresh Fruit
	Milk	Milk	Milk	Milk	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	Selection of Cereals (malt	Selection of Cereals (malt	Selection of Cereals (malt	Selection of Cereals (malt
	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat	wheat, cornflakes, wheat
	biscs, rice cereal) or	biscs, rice cereal) or	biscs, rice cereal) or	biscs, rice cereal) or	biscs, rice cereal) or
	Toast and butter	Toast and butter	Toast and butter	Toast and butter	Toast and butter
	Milk	Milk	Milk	Milk	Milk
LUNCH	Cottage Pie with Mixed	Potato, Broccoli and	Roast Chicken, Seasonal	Tuna Pasta Bake with	Savoury Mince with Mixed
	Vegetables	Cauliflower Bake	Vegetables and Crispy Potatoes	Salad and Garlic Bread	Vegetables and Rice
	Water	Water	Water	Water	Water
VEGETARIAN OPTION	Vegetarian Cottage Pie	Potato, Broccoli and	Seasonal Vegetables and	Vegetarian Pasta Bake	Vegetarian Mince with
	with Mixed Vegetables	Cauliflower Bake	Crispy Potatoes (with or without Quorn pieces)	with Salad and Garlic Bread	Mixed Vegetables and Rice
PUDDING	Milk Pudding	Fruit Salad and Ice Cream	Crunchy Oat Strawberry	Bananas & Custard	Fruit Mousse
I O D D I N O	Willix Fadding	Truit Galaa ana 200 or cam	and Banana Pudding	pananas a sustana	Trail Mousse
TEA	Filled Pittas (Ham,	Vegetarian Rolls	Macoroni and Broccoli	Sandwiches (not tuna)	Cheese Straws and
	Cheese, Egg or Tuna)		Cheese		Vegetable Fingers
	Fresh Fruit	Brownie Banana Bread	Fruit Filled Jelly	Fairy Cakes and Fruit	Fromage Frais and Fruit
	Milk	Milk	Milk	Milk	Milk