



Autumn / Winter Menus – Week 1					
Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereal, spread and toast.	Choice of healthy cereal, spread and crumpet.	Choice of healthy cereal, spread and toast.	Choice of healthy cereal, spread and crumpet.	Choice of healthy cereal, spread and toast.
Morning snack	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip
Lunch	Thai chicken curry with white rice	Turkey meatballs with spaghetti	Sausage casserole with seasonal vegetables	Chicken dinner, roast potatoes, root veg and gravy	Fishcakes with runner beans and new potatoes
Vegetarian option	Thai Tofu curry with white rice	Veggie meatballs with spaghetti	Veggie Sausages with seasonal vegetables	Quorn fillet, roast potato, root veg and gravy	Veggie fingers with runner beans and new potatoes
Pudding	Bananas and custard	Fruit and yoghurt	Rice pudding with fruit compote	Fruit and yoghurt	Oaty apple crumble with custard
Afternoon snack	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter
Tea	Jacket potato with tuna carrot and cucumber sticks	Selection of sandwiches with carrot and cucumber sticks	Tomato soup with crusty bread	Spaghetti hoops on wholemeal toast	Homemade crustless quiche with pepper and cucumber sticks
Vegetarian option	Jacket potato with tuna carrot and cucumber sticks	Selection of sandwiches with carrot and cucumber sticks	Tomato soup with crusty bread	Spaghetti hoops on wholemeal toast	Homemade crustless quiche with pepper and cucumber sticks
Pudding	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt
Note: <ul style="list-style-type: none"> - Fresh drinking water is always accessible to all children through the day. - Our menus are carefully planned using government and nutritionist guidance to meet a child's daily nutritional requirements. - We cater for all dietary requirements 					



Autumn / Winter Menus – Week 2					
Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereal, spread and crumpet.	Choice of healthy cereal, spread and toast.	Choice of healthy cereal, spread and crumpet.	Choice of healthy cereal, spread and toast.	Choice of healthy cereal, spread and crumpet.
Morning snack	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter
Lunch	Fish fingers, mashed potato, and greens	Chicken Korma with brown rice and naan	Beef lasagne with garlic bread and peas	Creamy chicken and leek hotpot with broccoli	Pea and cheese quinoa risotto
Vegetarian option	Veggie fingers, mashed potato, and greens	Chickpea korma with brown rice and naan	Tomato and lentil lasagne with garlic bread and peas	Creamy vegetable and leek hotpot with broccoli	Pea and cheese quinoa risotto
Pudding	Fruit and yoghurt	Oaty pear crumble with custard	Fruit and yoghurt	Rice pudding with banana	Fruit and yoghurt
Afternoon snack	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip
Tea	Selection of sandwiches with carrot and cucumber sticks	Jacket potato with cheese and veggie coleslaw	Beans on wholemeal toast	Vegetable soup with crusty bread	Ham and cheese wrap with veggie sticks and hummus
Vegetarian option	Selection of sandwiches with carrot and cucumber sticks	Jacket potato with cheese and veggie coleslaw	Beans on wholemeal toast	Vegetable soup with crusty bread	Cheese wrap with veggie sticks
Pudding	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt
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Autumn / Winter Menus – Week 3					
Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereal, spread and toast.	Choice of healthy cereal, spread and crumpet.	Choice of healthy cereal, spread and toast.	Choice of healthy cereal, spread and crumpet.	Choice of healthy cereal, spread and toast.
Morning snack	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip
Lunch	Mushroom and Turkey bolognaise with pasta and Garlic bread	Chicken and vegetable pie with roast potato and spring greens	Beef and spinach curry with white rice and naan bread	Fishcakes with peas and potato wedges	Cottage pie with mash and greens
Vegetarian option	Lentil Ratatouille with pasta and garlic bread	Cheese and vegetable pie with roast potato and spring greens	Chickpea spinach curry with white rice and naan bread	Veggie fingers with peas and potato wedges	Red lentil cottage pie with mash and greens
Pudding	Banana loaf with custard	Fruit and yoghurt	Rice pudding with sultanas	Fruit and yoghurt	Banana and custard
Afternoon snack	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter
Tea	Minestrone soup with crusty bread	Spaghetti hoops on wholemeal toast	Jacket potato with beans and cheese	Selection of sandwiches with carrot and cucumber sticks	Pitta pocket with tuna and cucumber
Vegetarian option	Minestrone soup with crusty bread	Spaghetti hoops on wholemeal toast	Jacket potato with beans and cheese	Selection of sandwiches with carrot and cucumber sticks	Pitta pocket with tuna and cucumber
Pudding	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt
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Autumn / Winter Menus – Week 4					
Menu 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of healthy cereal, spread and crumpet.	Choice of healthy cereal, spread and toast.	Choice of healthy cereal, spread and crumpet.	Choice of healthy cereal, spread and toast.	Choice of healthy cereal, spread and crumpet.
Morning snack	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter
Lunch	Lamb moussaka with garlic bread and mixed vegetables	BBQ chicken with new potatoes and roast vegetables	Sausage, mashed potato, seasonal veg and gravy	Chicken and vegetable biryani	Macaroni and cauliflower cheese
Vegetarian option	Lentil moussaka with garlic bread and mixed vegetables	BBQ Quorn pieces with new potatoes and roast vegetables	Veggie sausage, mashed potato, seasonal veg and gravy	Chickpea and vegetable biryani	Macaroni and cauliflower cheese
Pudding	Fruit and yoghurt	Oaty apple crumble	Fruit and yoghurt	Semolina with raisins	Fruit and yoghurt
Afternoon snack	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip	Fresh seasonal fruit platter	Breadsticks, mixed vegetable sticks & dip
Tea	Wholemeal English muffin pizza with various toppings	Chicken and vegetable soup with crusty bread	Selection of sandwiches with carrot and cucumber sticks	Jacket potato with mild beef chilli	Beans on toast with wholemeal bread
Vegetarian option	Wholemeal English muffin pizza with various toppings	Vegetable soup with crusty bread	Selection of sandwiches with carrot and cucumber sticks	Jacket potato with mild veggie chilli	Beans on toast with wholemeal bread
Pudding	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt	Fruit and yoghurt
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