

Winter Menu 2024

WEEK 1					
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY
Morning snack	Mixed fruit platter	Vegetable crudities with homemade hummus	English muffins with spread SY/G	Breadsticks with homemade sour cream & chive dip G	Cheese straws G/M
Drinks	Milk or Water				
Starter	Garlic bread G/M				Poppadom's with mango chutney
Lunch	Hidden vegetable pasta bake G/M	Chicken casserole with herby diced potatoes & mixed vegetables G	Cowboy pie with broccoli M/G	Bacon crusted cheese pasta with peas G/M	Chicken curry (chefs choose flavour) served with rice
Vegetarian option		Tofu casserole with herby diced potatoes & mixed vegetables G	Vegetarian cowboy pie with broccoli SY/G/M	Crusted cheese pasta with peas G/M	Lentil curry served with rice
Pudding		Apple crumble with custard G/M	Yogurt with honey M	Fresh fruit salad	
Drinks	Water				
Tea	Jacket potatoes served with chilli con carne & sour cream M	Tuna & sweetcorn pizza baguettes with cucumber & pepper sticks G/M	Turkey fajita orzotto G/M	Red lentil, sweet potato & coconut soup served with crusty bread M	Beef stroganoff served with tagliatelle & peas G/M
Vegetarian option	Jacket potatoes served with mixed bean con carne & sour cream M	Cheese & tomato pizza baguettes with cucumber & pepper sticks G/M	Mixed bean fajita orzotto G/M		Mushroom stroganoff served with tagliatelle & peas G/M
Pudding	Rice pudding with jam M	Rainbow fruit salad	Gingerbread cake G/E	Cinnamon swirls G/E	Chocolate cupcakes G/E/M
Drinks	Water				

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WEEK 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY
Morning snack	Cheese & pineapple G/M	Cream cheese with cucumber sticks G/M	Croissants G/M/E 	Melon medley	Vegetable crudities with homemade hummus
Drinks	Milk or Water				
Starter		Tiger bloomer G			
Lunch	Chicken jambalaya	Pork goulash with rice 	Beef & winter vegetable stew with dumplings & boiled potatoes G/MD 	Fish pie served with green beans G/M/CR	Turkey thyme & leek meatloaf served with mash potato, carrots & gravy G/E
Vegetarian option	Butterbean & vegetable jambalaya	Lentil goulash served with rice	Chickpea & winter vegetable stew with dumplings & boiled potatoes	Smoked tofu pie served with green beans G/M	Quorn meatloaf served with mash potato, carrots & gravy G/E/M
Pudding	Yogurt with fruit puree M		Fresh fruit	Winter fruits jelly	Bread and butter pudding with custard G/M/SY/E
Drinks	Water				
Tea	Minestrone soup served with baguette slices G 	Potato, cheese & onion bake with peas M	Roasted cauliflower chickpea & coconut curry served with naan breads	Jacket potato with baked beans & cheese served with cherry tomato & cucumber M 	Cheesy ham & broccoli pasta G/M
Vegetarian option					Cheesy broccoli pasta G/M
Pudding	Lemon cupcakes G/E	Chocolate & oat cookies G/E/SY	Apple & raspberry smoothie M	Carrot cake G/E	Fruit salad
Drinks	Water				

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WEEK 3					
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY	Low sugar cereals G/M Fresh Fruit Wholemeal Toast G/SY
Morning snack	Vegetable crudites with homemade tzatziki	Crackers with cream cheese G/M	Pitta fingers with a red pepper dip G	Cinnamon bagels G/SY	Fresh fruit
Drinks	Milk or Water				
Starter	Naan bread G	Cheesy garlic wraps G/M			
Lunch	Vegetable & chickpea biryani MD 	Cod & broccoli pasta bake G/M/F	Pork roast with all the trimmings G/SY 	Beef lasagne with hidden vegetables G/M 	Cottage pie with cauliflower G/M
Vegetarian option		Cheese & broccoli pasta bake G/M/F	Quorn roast with all the trimmings	Roasted vegetable lasagne G/M	Lentil pie with cauliflower G/M
Pudding			Berry pannacotta M Vegetarian berry pannacotta M	Pear & rhubarb crumble with custard G/M	Yogurt granola G/M
Drinks	Water				
Tea	Chicken enchilada pie with sweetcorn G/M 	Turkey & stuffing sausage roll with mash potato & green beans G/E	Tomato & mascarpone risotto M 	Pitta pockets with cucumber & carrot sticks (chefs choose fillings) G/M	Tomato and lentil soup with homemade bread G
Vegetarian option	Mixed bean enchilada pie with sweetcorn G/M	Cheese & onion sausage roll with mash potato & green beans G/M/E			
Pudding	Chocolate & date cake G/E	Fresh fruit platter	Cherry fruit smoothie M Or Mango & orange fruit smoothie	Anzac biscuits G 	Gingerbread people G
Drinks	Water				