



## Winter Menu 2019

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection
<b>Lunch</b>	Sweet and Sour Chicken with Vegetables and Rice Noodles	Beef Casserole with Carrots, Cous Cous and Yorkshire Puddings	Roast Turkey/Ham, Potato Wedges and Peas	Aubergine and Mozzarella Bake with Potatoes and Leeks	Breaded Fish, Potato Wedges and Peas/Sweetcorn
<b>Vegetarian alternative</b>	Sweet and Sour Quorn with Vegetables and Rice Noodles	Quorn in Tomato and Vegetable Sauce	Quorn Pieces, Potato Wedges and Peas	Aubergine and Mozzarella Bake with Potatoes and Leeks	Vegetable Fingers, Potato Wedges and Peas/Sweetcorn
<b>Pudding</b>	Fresh Fruit Salad	Fruit Yogurt	Pear and Blueberry Crumble and Custard	Seasonal Fruit Pie with Ice Cream	Apple and Sultana Sponge with Custard
<b>Afternoon Tea</b>	Pesto Pasta with Peas and Mixed Beans	Sausage/Cheese & Onion Rolls and Baked Beans	Cheese on Toast with Vegetable Sticks	Mexican Bean Fajita	Tortellini in Tomato Sauce
<b>Pudding</b>	Raspberries with Jelly	Peaches and Ice Cream	Oat Cookies	Chocolate Mousse	Tinned Fruit in Natural Juices

We tailor our menus weekly to reflect children's choice (we find this out during conversations at meal times) and introduce at least one new food or dish for the children to try every week. We also ensure that children are introduced to a variety of fresh fruits and vegetables.



## Winter Menu 2019

### Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection
<b>Lunch</b>	Toad in the Hole with Two Vegetables and Gravy	Chicken Breast, Herb Potatoes and Broccoli	Beef Hot Pot with Sliced Potatoes and Carrots	Baked Salmon, New Potatoes and Green Beans	Spanish Chicken Paella
<b>Vegetarian alternative</b>	Vegetarian Toad in the Hole with Potatoes, Vegetables and Gravy	Quorn Pieces, Herb Potatoes and Broccoli	Mixed Bean Hot Pot with Sliced Potatoes and Carrots	Vegetable Fingers, New Potatoes and Green Beans	Spanish Quorn Paella
<b>Pudding</b>	Fresh Fruit Bowl	Bananas and Custard	Date and Mixed Fruit Sponge	Cinnamon Apples and Natural Yogurt	Ice Cream and Cones
<b>Afternoon Tea</b>	Mediterranean Vegetables and Cous Cous	Mushroom & Spinach Risotto	Quiche with Vegetable Sticks	Chicken/Quorn, Courgette and Tomato Pasta Bake	Fish Cakes with Vegetable Sticks and Dips/Houmous
<b>Pudding</b>	Flapjack	Jelly and Ice Cream	Fruit Yogurt	Banana and Chocolate Cake	Apricot Cookies

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## Winter Menu 2019

### Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection
<b>Lunch</b>	Shepherds Pie with Sweet Potato and Green Beans	Spaghetti Bolognese with Garlic Bread	Macaroni Cheese with Green Beans and Peas	Rosemary Lamb Stew with Potatoes and Cauliflower	Bean and Vegetable Curry with Rice and Naan Bread
<b>Vegetarian alternative</b>	Quorn Pie with Sweet Potato and Green Beans	Quorn Mince Bolognese with Garlic Bread	Macaroni Cheese with Green Beans and Peas	Vegetable and Bean Stew with Potatoes and Cauliflower	Bean and Vegetable Curry with Rice and Naan Bread
<b>Pudding</b>	Fresh Fruit Platter	Frozen Yogurt	Ice Cream	Chocolate Fudge Cake	Fruit Sorbet
<b>Afternoon Tea</b>	Tuna and Sweetcorn Pasta	Jacket Potato with Cheese and Beans	Selection of Sandwiches with Salad	Coronation Chicken Pitta Breads	Turkey/Cheese Wraps and Vegetable Sticks
<b>Pudding</b>	Oat Cookies	Fresh Fruit Platter	Fruit Yogurt	Cinnamon Baked Apples and Sultanas	Chocolate and Raspberry Brownies

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## Winter Menu 2019

### Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection
<b>Lunch</b>	Fish and Potato Bake with Carrots and Peas	Spaghetti and Meatballs with Garlic Bread	Mixed Bean Chilli with Jacket Potatoes	BBQ Chicken, Rice and Sweetcorn	Beef Lasagne with Sweetcorn
<b>Vegetarian alternative</b>	Quorn and Potato Bake with Carrots and Peas	Spaghetti Vegetarian Meatballs with Garlic Bread	Quorn Chilli with Jacket Potatoes	BBQ Quorn, Rice and Sweetcorn	Lentil and Vegetable Lasagne with Sweetcorn
<b>Pudding</b>	Fresh Fruit Platter	Jelly	Fruit Yogurt	Jam Tarts	Warmed Berries and Apple with Natural Yogurt
<b>Afternoon Tea</b>	Soup and Bread	Selection of filled rolls with salad	Vegetable Pasta Bake with Tomato and Lentil Sauce	Cheese, Ham and Tomato Pinwheel Puffs and Vegetable Sticks	Lamb/Vegetarian Mince Koftas with Roasted Pepper Dip and Cucumber
<b>Pudding</b>	Courgette and Raisin Cake	Cheesecake	Carrot Muffin	Fresh Fruit Platter	Crepe and Toppings

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