

Bromley Autumn/Winter Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals
Lunch	Beef Ragu	Fish Pie with hidden Vegetables	Homemade Korea Chicken and Vegetable Curry with Rice	Gammon and Vegetable Hot Pot	Mac 'n' Cheese with Peas
Pudding	Watermelon Wedges	Greek Yogurt and Granola	Pineapple and Oranges	Warm Lemon Meringue	Apple Wedges
Tea	Homemade Curry Vegetable Patties with Homemade Raita	Homemade Margarita Pizza with Peppers	Homemade Pesto, Cream cheese and Mushroom Orzo	Tuna and Cheese Sandwiches with Cucumber Sticks	Spinach and Cheese Pinwheels with Carrot Batons
Pudding	Homemade Banana and Berry Flapjacks	Banana Batons	Spiced Apple and Raisin Cake	Melon Medley	Homemade Chocolate Chip Cookies

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Bromley Autumn/Winter Menu

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals
Lunch	Butternut Squash, Sage and Tomato Orzo	Homemade Turkey Chilli with Rice	Broccoli, Mushroom and Cream Cheese Spirali	Homemade Shepherds Pie with Hidden Vegetables	Chicken Meatballs with Homemade Tomato Sauce and Cous Cous
Pudding	Fresh Fruit Salad	Greek Yogurt with Cherry Coulis	Banana Batons	Peach Melba Crumble and Custard	Melon Medley
Tea	Cheese and Marmite Crumpets with Cucumber Sticks	Mediterranean Vegetable and Tomato Cous Cous	Tuna and Chicken Wraps with Peppers	Homemade Cheese and Chive Omelette	Homemade Cheese and Courgette Scones with Homemade Vegetable Ketchup
Pudding	Fruit Flapjacks	Pineapple and Oranges	Homemade Chocolate Cake	Apple Slices	Homemade Vanilla Shortbread

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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals
Lunch	Creamy Fish and Hidden Vegetable Orecchiette	Roast Chicken, Crushed Potatoes and Cabbage with Gravy	Keema Lamb with Rice	Vegetable and Quinoa Hot Pot with Homemade Crusty Bread	Spaghetti Bolognese
Pudding	Apple Slices	Greek Yogurt with Homemade Granola	Banana Batons	Strawberry Shortcake	Watermelon Wedges
Tea	Mediterranean Vegetable and Tomato Cous Cous	Tuna and Sweetcorn Orzo	Homemade Vegetable Wedges with Homemade Ketchup	Homemade Margarita Pizza with Peppers	Chicken and Cheese Rolls with Cucumber Batons
Pudding	Homemade Lemon Drizzle Cake	Melon Medley	Oat, Raisin and Coconut Cookies	Pineapple and Oranges	Homemade Banana and Raisin Flapjacks

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Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals	Selection of Cereals
Lunch	Korean Vegetable and Chickpea Curry with Rice	Beef Enchiladas with Sweetcorn and Tomato Salsa	Fish Fingers, Baked Beans and Homemade Crusty Bread	Chicken Hot Pot with Homemade Sage and onion Dumplings	Butternut, Sage and Tomato Fusilli
Pudding	Melon Medley	Stewed Apples and Custard	Fresh Fruit Salad	Greek Yogurt with Homemade Granola	Banana Batons
Tea	Cheese and Tuna Sandwiches with Cucumber Sticks	Mini Cheese and Chive Omelettes	Cous Cous with Homemade Vegetable Soup	Homemade Spinach, Mushroom and Cream Cheese Puffs with Cucumber	Cheese and Marmite Crumpets with Peppers
Pudding	Homemade Gingerbread	Pineapple and Oranges	Sticky Toffee Cake	Watermelon Wedges	Cherry and Coconut Granola Bars

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