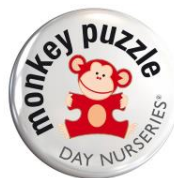


Winter Menu 2017

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy cereal selection and toast	Healthy cereal selection and scotch pancakes	Healthy cereal selection and crumpets	Healthy cereal selection and toast	Healthy cereal selection and English muffins
Lunch	Vegetable con carne with rice	Pasta prima vera	Roast turkey with roast potatoes and broccoli	Salmon and broccoli pasta with sweetcorn	Sweet and sour chicken with rice and carrot sticks
Vegetarian alternative	Vegetable con carne with rice	Pasta prima vera	Quorn roast with roast potatoes and broccoli	Broccoli pasta with sweetcorn	Sweet and sour vegetables with rice
Pudding	Apple crumble and custard	Fruit	Yoghurt	Angel delight	Yoghurt
Afternoon Tea	Sausage rolls and baked beans	Tomato soup and fresh bread	Assorted sandwiches	Mixed pepper cous cous	Homemade vegetable pizza
Pudding	Yoghurt	Rice Krispie cakes	Fruit	Oat cookies	Jelly and fruit

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 2017

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy cereal selection and crumpets	Healthy cereal selection and toast	Healthy cereal selection and English muffins	Healthy cereal selection and Scotch pancakes	Healthy cereal selection and toast
Lunch	Fish cakes, new potatoes and peas	Mixed bean casserole with boiled potatoes and carrots	Moroccan lamb and cous cous	Butternut squash pasta	Sausage, mash and beans
Vegetarian alternative	Veggie fingers, new potatoes and peas	Mixed bean casserole with boiled potatoes and carrots	Moroccan quorn mince and cous cous	Butternut squash pasta	Veggie sausage, mash and beans
Pudding	Fruit	Rice pudding with sultanas	Yoghurt	Ice cream roll	Fruit
Afternoon Tea	Risotto with peppers	Tortilla wraps	Jacket potatoes with beans and cheese	Homemade pizza and cucumber sticks	Mushroom soup with small pasta
Pudding	Angel delight	Fruit	Mascarpone crunch	Fruit	Sponge cake

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Winter Menu 2017

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy cereal selection and toast	Healthy cereal selection and English muffins	Healthy cereal selection and toast	Healthy cereal selection and crumpets	Healthy cereal selection and pancakes
Lunch	Beef spaghetti Bolognese with salad	Fish pie, peas and sweetcorn	Chickpea curry with rice and naan bread	Roast chicken, roast potatoes and carrots	Mixed bean and root vegetables with apricot cous cous
Vegetarian alternative	Quorn Bolognese with salad	Vegetable pie, peas and sweetcorn	Chickpea curry with rice and naan bread	Quorn roast, roast potatoes and carrots	Mixed bean and root vegetables with apricot cous cous
Pudding	Yoghurt	Honey oat biscuits	Angel delight	Fruit	Mixed berry crumble
Afternoon Tea	Roast butternut squash soup with bread	Beans on toast	Sandwiches	Herby pilchard pasta	Jacket potato with cheese
Pudding	Sponge cake	Fruit	Shortbread biscuits	Jelly	Yoghurt

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 2017

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy cereal selection and crumpets	Healthy cereal selection and toast	Healthy cereal selection and pancakes	Healthy cereal selection and English muffins	Healthy cereal selection and toast
Lunch	Vegetable lasagne with fresh bread	Oven baked chicken risotto	Meatballs in tomato sauce with quinoa	Cottage pie with carrots and peas	Battered fish, with potato wedges and mushy peas
Vegetarian alternative	Vegetable lasagne with fresh bread	Oven baked vegetable risotto	Quorn meatballs in tomato sauce with quinoa	Vegetable pie with carrots and peas	Vegetable fingers, with potato wedges and mushy peas
Pudding	Ice cream	Courgette and raisin muffins	Bananas and custard	Yoghurt	Fruit
Afternoon Tea	Tuna melt with tomato and cucumber sticks	Minestrone soup	Pitta bread, hummus, cherry tomatoes and cucumber sticks	Savoury rice	Tortellini with tomato sauce
Pudding	Yoghurt	Fruit	Flapjack	Apricot cookies	Pineapple upside down cake

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.