



Winter Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection
Morning Snack	Fruit & Rice cakes	Fruit & crackers	Fruit & breadstick	Fruit & Rice cakes	Fruit & Breadstick
Lunch	Fish Pie with cucumber and tomatoes on the side	Roast Chicken with roasted potatoes, broccoli, peas with a Yorkshire pudding	Lamb stew rice	Steak Pie served with mashed potatoes	Spaghetti Bolognaise with some simple salad and garlic bread on the side
Vegetarian Alternative	Quorn pie with mash on top with cucumber and tomatoes on the side	Roast Quorn with roasted potatoes, broccoli, peas with a Yorkshire pudding	Quorn stew served with rice	Lentil and Bean pie with mashed potatoes	Quorn Bolognaise with some simple salad and garlic bread on the side
Pudding	Banana bread	Healthy carrot cake	Apple Crumble with custard	Fruit selection	Rice pudding with raisins
Afternoon Tea	Homemade sausage rolls served with Bake Beans and cheese	Classic macaroni and cheese Cucumber sticks	Carrot and sweet potato soup with bread	Beans on toast with cheese	Chicken and Salad wraps
Vegetarian Alternative	Homemade Quorn rolls served with Bake Beans and cheese	Classic macaroni and cheese Cucumber sticks	Carrot and sweet potato soup with bread	Beans on toast with cheese	Vegetable wraps
Pudding	Fruit	Yoghurt	Fruit	Yoghurt	Fruit



Winter Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection
Morning Snack	Fruit & Rice cakes	Fruit & crackers	Fruit & breadstick	Fruit & Rice cakes	Fruit & Breadstick
Lunch	BBQ chicken with jollof rice served with coleslaw and raisons	Beef and vegetable stew with mash	Chicken curry and rice	Spaghetti Carbonara	Salmon and Broccoli bake served with Baby potatoes and green beans
Vegetarian Alternative	Quorn chicken with jollof rice served with coleslaw and raisons	Vegetable and bean stew with mash	Vegetable curry and rice	Vegetarian carbonara	Quorn fingers served with baby potatoes and green beans
Pudding	Lemon Sponge Cake	Bananas and custard	Fruit platter	Mixed berry crumble	Rice Pudding
Afternoon Tea	Bagels with cream cheese and vegetable sticks	Warm Vegetable bake	Jacket Potatoes filled with Tuna and Sweetcorn filling and cheese	Assorted Sandwiches and vegetable sticks	Minestrone soup with small pasta
Vegetarian Alternative	Bagels with cream cheese and vegetable sticks	Warm vegetable bake	Jacket Potatoes filled with Bake Beans and cheese. Sweetcorn served on the side	Assorted Sandwiches and vegetable sticks	Minestrone soup with small pasta
Pudding	Yoghurt	Fruit	Yoghurt	Fruit	Yoghurt



Winter Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection
Morning Snack	Fruit & Rice cakes	Fruit & crackers	Fruit & breadstick	Fruit & Rice cakes	Fruit & Breadstick
Lunch	Classic Chicken, mushroom and Leek Pie served with Mash	Shepperd's Pie topped with Sweet Potatoes	Fish Cakes served with Boiled potatoes and peas	Sweet and sour chicken with rice	Spaghetti Bolognese with Garlic Bread
Vegetarian Alternative	Classic Quorn Pie served with Mash	Quorn Mince Pie topped with Sweet Potatoes	Quorn served with boiled potatoes and peas	Sweet and sour Quorn with rice	Vegetarian Bolognese with Garlic Bread
Pudding	Fruit smoothie	Rice pudding and mixed berries	Yogurt	Stewed Fruit	Yogurt
Afternoon Tea	Vegetable soup served with bread	Roasted vegetable risotto	Tortilla Wraps with chicken strips, salad, and salsa	Homemade Sausage rolls served with Bake Beans and cheese	Potato and leek soup Served with bread
Vegetarian Alternative	Vegetable soup served with bread	Roasted vegetable risotto	Tortilla Wraps with chicken strips, salad, and salsa	Vegetarian sausage rolls and Bake Beans and cheese	Potato and leek soup Served with bread
Pudding	Fruit	Yoghurt	Fruit	Yoghurt	Fruit



Winter Menu

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection	Healthy cereal selection
Morning Snack	Fruit & Rice cakes	Fruit & crackers	Fruit & breadstick	Fruit & Rice cakes	Fruit & Breadstick
Lunch	Beef and Mushroom stroganoff with Rice	Pork, Leek and mustard casserole served with Mash	Chicken Korma served with Brown Rice	Pasta Primavera with Garlic Bread	Jollof Rice served with Jerk Chicken and plantain
Vegetarian Alternative	Bean and Mushroom stroganoff served with Rice	Bean, Leek and mustard casserole served with Mash	Mushroom chasseur served with Roast potatoes	Pasta Primavera With Garlic Bread	Vegetable Jollof rice served with Jerk Quorn and plantain
Pudding / Starter	Orange cake	Fruit Crumble	Yogurt	Banana and small pancakes	Stewed apples and custard
Afternoon Tea	Macaroni cheese and vegetables on the side	Sandwiches with mixed fillings	Tortellini with creamy sauce	Lamb and mint koftas served with pitta, tomato and cucumber salsa	Vegetable soup with crusty buns
Vegetarian Alternative	Macaroni cheese and vegetables on the side	Sandwiches with mixed fillings	Tortellini with creamy sauce	Veggie mince and mint koftas served with pitta bread, tomato and cucumber salsa	Vegetable soup with crusty buns
Pudding	Yoghurt	Fruit	Banana Muffins	Fruit	Yoghurt