



AUTUMN/WINTER MENU



## Week 1 Menu

**Breakfast – selection of cereals or porridge and wholemeal toast with butter**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Dried Banana	Orange Segments	Rice cakes and Philadelphia cheese spread	Apple and raisins	Pineapple Cubes
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Vegetable and tomato pasta bake with sweet corn	Chicken Tikka with savoury spinach rice	Shepherd's Pie with seasonal vegetables	Mediterranean chicken with basmati rice, broccoli and carrots	Traditional fish pie with peas
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Melon	Natural yogurt and honey	Bananas and custard	Greek yoghurt fruit puree	Dried apricots and raisins
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Melba Toast and butter	Breadsticks	Popcorn	Crackers and cheese spread	Breadsticks with Tzatziki
<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>
Mushroom soup with garlic bread	Mixed vegetable pizza	Moroccan cous cous salad	Baked beans on wholemeal toast	Homemade seasonal vegetable soup with wholemeal bread
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Fruity fromage frais	Apples	Pears	Clementines	Fruity fromage frais

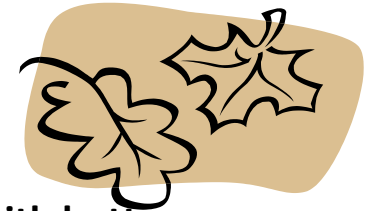
**Snack/meals in red contain egg**



Organic Produce Used Where Possible



AUTUMN/WINTER MENU



## Week 2 Menu

**Breakfast – selection of cereals or porridge and wholemeal toast with butter**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Crackers with cheese spread	Dried fruits	Breadsticks with hummus	Cherry tomatoes	Melon
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Chicken and mushroom Carbonara	Savoury mince with mixed pepper rice	Tuna and sweet corn cheesy pasta bake with garlic bread	Chicken, butter bean and vegetable stew	Cod in cheese and parsley sauce with boiled potatoes and peas
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Natural yogurt with honey	Fruity fromage frais	Seasonal fruit salad	Dried apricots and raisins	Peaches and custard
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Malt Loaf	Buttered rice cakes	Cucumber slices	Bagel pieces with butter	Popcorn
<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>
Potato and Leek soup with wholemeal bread and butter	Cheese on wholemeal toast with sliced cucumber	Turkey sausages with potato waffles and baked beans	Vegetable kedgeree	Winter vegetable soup with bread
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Apples	Clementine's	Fruity fromage frais	Bananas	Fruity Fromage frais



**Snacks/meals in red contain egg**

Organic Produce Used Where Possible



AUTUMN/WINTER MENU

## Week 3 Menu



**Breakfast – selection of cereals or porridge and wholemeal toast with butter**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Melon	Rice cakes	Popcorn	Pineapple cubes	Cherry tomatoes
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Quorn and vegetable chilli with fragrant rice	Chicken sausages with potatoes, swede and gravy	Mild lamb and seasonal vegetable curry with savoury rice	Red Lentil and vegetable lasagne	Cod fillets with sweet potato and peas
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Dried Fruits	Raisins	Natural yogurt with seasonal fruit puree	Seasonal fruit smoothie	Bananas
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Breadsticks and hummus	Orange segments	Dried apricots	Crackers and butter	Popcorn
<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>
Stir fry chicken with mixed vegetable noodles	Homemade tomato soup with wholemeal bread and butter	Jacket potatoes with tuna crunch filling	Assorted filled rolls/sandwiches with salad	Moroccan chicken and couscous salad
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Clementine's	Fruity fromage frais	Bananas	Apples	Fruity Fromage frais



**Meals/snacks in red contain egg**

Organic Produce Used Where Possible



AUTUMN/WINTER MENU



## Week 4 Menu

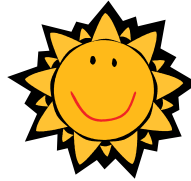
**Breakfast – selection of cereals or porridge and wholemeal toast with butter**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Popcorn	Breadsticks	Pear	Banana	Popcorn
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Lamb and vegetable stew with dumplings	Cod fillet with boiled potatoes and seasonal vegetables	Bean and vegetable chilli with rice	Spaghetti Bolognese with carrots	Roast chicken with potatoes, Yorkshire pudding, seasonal vegetables and gravy
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Dried apricots and raisins	Seasonal fruit puree with crème fraiche	Berries and cream	Stewed pears with custard	Greek yoghurt with honey
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Rice cakes with butter	Cherry tomatoes	Malt Loaf	Buttered crackers	Pineapple chunks
<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>
Homemade chicken pizza	Cauliflower cheese	Potato waffles with spaghetti hoops	Jacket potatoes with cheese coleslaw	Crumpets with scrambled eggs and tomatoes
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Fruity fromage frais	Bananas	Fruity fromage frais	Clementine's	Raisins



**Meals/snacks in red contain egg**

Organic Produce Used Where Possible



## Week One Menu



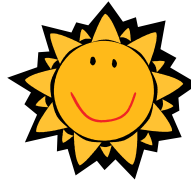
**Breakfast – selection of cereals, fruit and wholemeal toast with butter**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Cucumber Slices	Popcorn	Breadsticks	Melon	Quartered Cherry Tomatoes
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Beef enchiladas with salad	Chicken and Courgette Carbonara	Cod Gratin with sweetcorn	Mexican Chicken with rice, salad and dips	Spinach and Mushroom Lasagne
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Fruity Fromage frais	Seasonal Berries	Satsuma	Natural Yogurt with Peaches	Fruity Fromage Frais
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Rice Cakes with Honey	Cherry tomatoes	Raisins	Popcorn	Malt Loaf
<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>
Tuna Pitta Pockets with salad	Pea Soup with Wholemeal Bread and Butter	Assorted Filled Rolls	<b>Cheese and spinach quiche with tomatoes</b>	Moroccan cous cous Salad
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Bananas	Apple	Fruity Fromage Frais	Pears	Dried apricots



**MEALS/SNACKS IN RED CONTAIN EGG**

Spring/Summer Menu



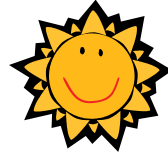
## Week Two Menu

**Breakfast – selection of cereals, fruit and wholemeal toast with butter**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Crackers with cheese spread	Breadsticks	Popcorn	Malt Loaf	Raisins
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Fish Fillet with New Potatoes and Sweetcorn	Tandoori Chicken with Rice, Spinach and Yogurt	Quorn and Vegetable Stir-Fry with noodles	Mild Cajun Chicken with Sweet Potato and Peas	Marinated Lamb with cous cous salad
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Clementines	Seasonal Fruit Smoothie	Natural Yogurt with Fruit Coulis	Seasonal Fruit Sorbet	Seasonal Berries
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Cucumber slices	Rice cakes with Honey	Dried Banana	Cherry Tomatoes	Popcorn
<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>
Celery and watercress soup	Scrambled eggs and tomatoes with toast	Bean and sweetcorn salad	Summer pasta salad	Crumpets with cream cheese and cucumber
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Fruity fromage frais	Bananas	Apples	Sliced Melon	Fruity Fromage Frais



**MEALS/SNACKS IN RED CONTAIN EGG**



## Week Three Menu

**Breakfast – selection of cereals, fruit and wholemeal toast with butter**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Breadsticks with hummus	Dried apricots	Pineapple chunks	Sliced malt loaf	Rice cakes
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Salmon and spinach pesto pasta	Vegetable Korma and rice	Chicken with leeks and crushed potatoes	Savoury mince with vegetable cous cous	Barbeque chicken, potato salad and sweetcorn
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Pineapple chunks with raspberry coulis	Fruit jelly	Vanilla ice cream with strawberry puree	Melon	Fruit Sorbet
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Cucumber slices	Rice cakes with honey	Quartered cherry tomatoes	Raisins	Melba toast with butter
<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>
Welsh Rarebit with tomatoes	Bagels with cream cheese and chives	Trout and vegetable Kedgerie	Broccoli and cauliflower bake	Scrambled eggs with mushrooms and toast
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Fruity Fromage Frais	Bananas	Clementines	Fruity Fromage Frais	Apples



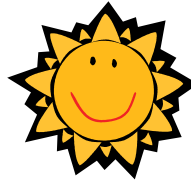
**MEALS/SNACKS IN RED CONTAIN EGG**

Spring/Summer Menu



**MEALS/SNACKS IN RED CONTAIN EGG**





## Week Four Menu

**Breakfast – selection of cereals, fruit and wholemeal toast with butter**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Clementines	Rice cakes with Butter	Bagel Pieces	Malt Loaf	Popcorn
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Turkey Sausages Rosemary Potatoes and Seasonal Vegetables	Lamb and Mushroom Stroganoff with Fettuccini	Jerk Chicken with Rice, and peas	Baked Cod, Vegetable and bean ratatouille	Cheese and Mixed Vegetable Pie
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Greek Yogurt with Honey	Frozen Yogurt	Seasonal Berries	Natural Yogurt with Fruit Compote	Fruit sorbet
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Breadsticks	Pineapple Chunks	Popcorn	Rice cakes	Dried apricots
<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>	<b>Tea time</b>
Home-made mixed vegetable Pizza	Jacket Potatoes with Tuna and Sweet corn	Assorted sandwiches	Macaroni Cheese with Salad	Turkey and salad pitta pockets
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Fruity Fromage Frais	Melon	Apples	Bananas	Fruity Fromage Frais



**MEALS/SNACKS IN RED CONTAIN EGG**