



Winter Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.00)	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies
Morning Snack 9.00-9.45	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water
Lunch 11.30	Jacket Potato's with Baked Beans, Cheese & Tuna	Mediterranean Ratatouille with Brown Rice, Peppers, tomatoes, Aubergines, onions, courgettes & Mixed Herbs	Lamb Bolognaise with mixed peppers, onions, tomatoes & Mixed Herbs & Spaghetti Pasta.	Turkey, leek & mushroom Bake with Potato Wedges	Fisherman's Pie with Peas & Carrots
Vegetarian Option			Quorn Bolognaise with mixed peppers, onions, red lentils & Spaghetti Pasta	Leak & Mushroom with Kidney Beans Bake with Potato Wedges	
Pudding	Pears with ice cream	Banana & Custard	Gingerbread Cake with Custard	Yoghurts	Angel Delight with strawberries
Afternoon Snack 2.00-2.45	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water
Tea (3.30)	Tomato & Sweetcorn Pasta	Baked Beans on Toast with Sliced Tomato's	Butternut Squash Soup with Crusty Bread	Ham or Cheese Sandwiches with Cucumber slices	Cream Crackers with Cheese & Tomatoes Flapjacks

Key to colour coding:

Fruit and Vegetables

Bread, Rice, Pasta & other starchy foods

Meat, Fish, eggs, beans & other non dairy source of protein

Food/drink high in fat and/or sugar

Milk and Dairy

Fruit choices will be Apples, Bananas, Pears, Oranges.



Winter Menu

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.00)	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies
Morning Snack (9.00-9.45)	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water
Lunch (11.30)	Tuna Pasta Bake with Carrots, peas & Sweetcorn	Roast Chicken with Roast Potatoes, Swede & Parsnips	Winter Hotpot, Potatoes, Swede, Mixed beans, tomato, Sweetcorn	Pork Goulash with Brown Rice, green beans & Sweetcorn	Turkey Mince & Onion Pie with Potatoes, peas, carrots & Sweetcorn
Vegetarian Option		Quorn Fillet, Roast Potatoes, Cabbage & Lentils		Quorn Goulash with Brown Rice, green beans, Sweetcorn & Borlotti Beans	Quorn Mince & Onion Pie Potatoes, peas, carrots, Sweetcorn & Houricot Beans
Pudding	Fromage Frais with Melon Slices	Strawberry Jelly & Ice cream	Apple Crumble with Custard	Homemade Bread Pudding	Banana's & Custard
Afternoon Snack (2.00-2.45)	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water
Tea (3.30)	Turkey or Cheese Sandwiches & Cucumber Sticks	Vegetable Cous Cous with Peppers, Courgettes, Aubergines & Kidney Beans	Homemade pizza with Cheese, tomato, sweetcorn, Mushroom & Tuna	Leek & Potato Soup & Oranges	Spaghetti on Toast Orange Slices

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Meat, Fish, eggs, beans & other non dairy source of protein

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Milk and Dairy

Fruit choices will be Apples, Bananas, Pears, Oranges.



Winter Menu

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.00)	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies
Morning Snack 9.00-9.45	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water
Lunch 11.30	Turkey Chilli con Carne with Jacket Potatoes & Coleslaw	Roast Gammon with New Potatoes, Cabbage & Gravy	Caribbean Chicken with Rice & Coleslaw	Vegetable pie with carrots, peas, sweetcorn & Mixed Beans & Potatoes Wedges	Fish fingers with Chips & Peas
Vegetarian Option	Cheese with Jacket Potatoes, Coleslaw & Kidney Beans	Quorn Fillets with New Potatoes, Cabbage, lentils & Gravy	Quorn Caribbean Fillets with Rice, Lentils & Coleslaw		
Pudding	Banana's & Custard	Carrot Cake	Peaches with Ice-Cream	Natural Yoghurt with Strawberries	Fruit Trifle
Afternoon Snack (2.00-2.45)	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water
Tea (3.30)	Crumpets with Peppers & Cucumber Sticks	Vegetable Soup Melon	Ham or Cheese Wraps with Cucumber, Lettuce & Tomatoes	Macaroni Cheese with lentils Oranges	Rice Cakes with soft Cheese & Carrot Sticks Flapjacks

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Bread, Rice, Pasta & other starchy foods

Meat, Fish, eggs, beans & other non dairy source of protein

Food/drink high in fat and/or sugar

Milk and Dairy

Fruit choices will be Apples, Bananas, Pears, Oranges.



Winter Menu

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7.30-8.00)	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies	Weetabix Ready Break Rice Krispies
Morning Snack (9.00-9.45)	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water	Toast with a choice of Fruit Milk/Water
Lunch (11.30)	Cheese, onion & Potato Pie with Baked Beans	Lamb Shepherd's Pie with Carrots, Sweetcorn & Peas	Chicken Curry & Basmati Rice with Fresh Salad	Fish in Parsley Sauce with Mashed Potato, Peas & Carrots	Sausages with Sweet Potatoes & Cabbage
Vegetarian Option		Quorn Mince with Kidney Beans, carrots, peas & Sweetcorn	Chickpea Curry & Basmati Rice with Fresh Salad		Quorn Sausages with Sweet Potatoes, Cabbage & Lentils
Pudding	Fruit Cocktail	Banana's with Ice-Cream	Rice Pudding	Natural Yoghurt with Blueberries	Lime Jelly with Melon
Afternoon Snack (2.00-2.45)	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water	A choice of Fruit Milk/Water
Tea (3.30)	Tuna & Sweetcorn Sandwiches with Carrot Sticks & Raisins	Tomato with Sweetcorn & Lentil Pasta Oranges	Muffins with soft Cheese & Pepper & Cucumber Sticks	Minestrone Soup with Raisins	Chicken Pitta Pockets & Sliced Tomatoes & Cucumber Quorn Chicken Pieces with Lentils

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Bread, Rice, Pasta & other starchy foods

Meat, Fish, eggs, beans & other non dairy source of protein

Food/drink high in fat and/or sugar

Milk and Dairy

Fruit choices will be Apples, Bananas, Pears, Oranges.