

FOOD Autumn & Winter menu - week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cottage cheese & corn cakes	Houmous & oatcakes G, SS, SU	Egg dip & breadsticks E, G, D 	Tuna dip & rice cakes F, D, SU, SO or Houmous & rice cakes (V) SS, D, SO	Cream cheese & crackers D, G, N
Lunch	Mexican black bean rice bowl with avocado SU  <u>Pudding</u> Apple & berry bake GM	<u>Starter</u> Sunshine squash soup & dipper bread G, SO, CE, D Chicken and sweet-leek bake & green beans	Melty cheese & bean pot and courgette MU, D <u>Pudding</u> Creamy rice pudding with dried apricots D	<u>Starter</u> Grapes, cheese & biscuits SO, SE, SU Turkey & tomato bean pasta and roasted butternut squash CE, G	Twisty tuna pasta with carrots F, G <u>Pudding</u> Warming winter berries with yoghurt D
Vegetarian lunch	Mexican black bean rice bowl with avocado SU <u>Pudding</u> Apple & berry bake GM	<u>Starter</u> Sunshine squash soup & dipper bread G, SO, CE, D  Butter bean and sweet-leek bake & green beans CE, G, SO	Melty cheese & bean pot and courgette MU, D <u>Pudding</u> Creamy rice pudding with dried apricots D	<u>Starter</u> Grapes, cheese & biscuits SO, SE, SU  Tomato bean pasta and roasted butternut squash CE, G	Bouncy bean pasta with carrots G   <u>Pudding</u> Warming winter berries with yoghurt D
High tea	Pizza bagel with creamy butter bean dip and carrot sticks G, SS, MU, SU  <u>Pudding</u> Fruit	Baked sweet potato with creamy fish topping and sweetcorn D, F, S U <u>Pudding</u> Fruit	Chicken & pineapple sandwich with celery sticks D, G, SO, CE <u>Pudding</u> Fruit	Creamy egg & cress rolls G, SO, E, D <u>Pudding</u> Fruit	Chicken tortilla wraps & tomato salsa G <u>Pudding</u> Fruit
Vegetarian high tea	Pizza bagel with creamy butter bean dip and carrot sticks G, SS, MU, SU <u>Pudding</u> Fruit	Baked sweet potato with creamy cheese & lentils topping and sweetcorn SU, MU  <u>Pudding</u> Fruit	Tofu & pineapple sandwich with celery sticks D, G, SO <u>Pudding</u> Fruit	Creamy egg & cress rolls G, SO, E, D  <u>Pudding</u> Fruit	Quorn tortilla wraps & tomato salsa E, G  <u>Pudding</u> Fruit

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Starchy & carbs portions



Fruit and vegetable portion



Protein portion



Dairy portion

- Our menus may change slightly based on available ingredients.
- Breakfast is served every day. We serve a selection of wholegrain cereals and fruit.
- Water is available all day. Milk is offered at snack and teatime too.
- Fruit is available in the afternoon for children to help themselves to.

Allergen Key

(G) = Cereals containing Gluten (CR) = Crustaceans (E) = Eggs (F) = Fish (P) = Peanuts (SO) = Soya (D) = Dairy (N) = Nuts from trees (CE) = Celery (MU) = Mustard (SS) = Sesame seeds (SU) = Sulphur dioxide and sulphites (L) = Lupin (MO) = Molluscs. All known allergens are in Red Any 'may contain' are in Blue





Autumn & Winter menu - week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cottage cheese & rice cakes D, SO	Houmous & breadsticks G, SE, SU, SO	Cheddar cheese & crackers G, D, N	Banana & ricotta smash oatcakes G, D	Guacamole & corn cakes SO, SE, D
Lunch	<u>Starter</u> Creamy leek-y potato soup D, CE Golden rice with chickpeas and carrot yoghurt and cauliflower D	Mini beef burgers in soft buns & tomato and sweetcorn E, G, N  <u>Pudding</u> Warm apple & berry mix with yoghurt D	<u>Starter</u> Traffic light veggie platter Spiced chicken with rice & yoghurt and green beans D	Creamy ocean fish pie and carrots F, D, G  <u>Pudding</u> Soft cooked pears with sweet dates	<u>Starter</u> Bright beetroot & yoghurt dip with cucumber dunkers D Apricot lamb with fluffy couscous and broccoli G
Vegetarian lunch	<u>Starter</u> Creamy leek-y potato soup D, CE  Golden rice with chickpeas and carrot yoghurt and cauliflower D	Mini bean burgers in soft buns & tomato and sweetcorn E, G, SO, D <u>Pudding</u> Warm apple & berry mix with yoghurt D	<u>Starter</u> Traffic light veggie platter  Spiced quorn with rice & yoghurt and green beans E, D	Creamy lentil & veg pie and carrots D, G <u>Pudding</u> Soft cooked pears with sweet dates	<u>Starter</u> Bright beetroot & yoghurt dip with cucumber dunkers D Apricot chickpea with fluffy couscous and broccoli G
High tea	Cheesy pineapple wraps D, G <u>Pudding</u> Fruit	Fluffy potato with salmon & cream cheese with cucumber and lettuce F, D  <u>Pudding</u> Fruit	Egg & cress wholemeal rolls G, SO E, D <u>Pudding</u> Fruit	Chicken, cheese & mango wraps D, W <u>Pudding</u> Fruit	Teddy bears picnic - egg, bread roll, apple and cheese E, G, SO, D, SE <u>Pudding</u> Fruit
Vegetarian high tea	Yummy tofu & pineapple wraps G, SO, L, MU, SS  <u>Pudding</u> Fruit	Fluffy potato with lentil & cream cheese with cucumber and lettuce D, SU <u>Pudding</u> Fruit	Egg & cress wholemeal rolls G, SO E, D <u>Pudding</u> Fruit	Tofu, cheese & mango wraps G, SO, D, L, MU, SS  <u>Pudding</u> Fruit	Teddy bears picnic - houmous, bread roll, apple and cheese SE, SU, G, D <u>Pudding</u> Fruit

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Starchy & carbs portions



Fruit and vegetable portion



Protein portion



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Autumn & Winter menu - week 3

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Morning snack

MONDAY

Cream cheese & oat cakes
D, G

Lunch

Lentil & spinach stew with fluffy rice and peas

Pudding
Poached peaches

Vegetarian lunch

Lentil & spinach stew with fluffy rice and peas
Pudding
Poached peaches

High tea

Savoury cheese muffins with cucumber and pepper batons
E, D, G
Pudding
Fruit

Vegetarian high tea

Savoury cheese muffins with cucumber and pepper batons
E, D, G
Pudding
Fruit

TUESDAY

Tomatoes & rice cakes
D, SO


Starter
Crunch apple & cheese bites
D
Lemony chicken with fluffy mashed potato and courgette
D

Starter
Crunch apple & cheese bites
D
Lemony butter beans with fluffy mashed potato and courgette
SU, G, D

Teddy bears picnic - egg, bread roll, apple and cheese
E, G, SO, D, SE
Pudding
Fruit

Teddy bears picnic - houmous, bread roll, apple and cheese
SE, SU, G, D
Pudding
Fruit

WEDNESDAY

Houmous & breadsticks
G, SE, SU, SO

Tender beef stew with tiny pasta and broccoli
CE, G
Pudding
Banana & blueberry cream bites
D, G


Tender bean stew with tiny pasta and broccoli
CE, G
Pudding
Banana & blueberry cream bites
D, G

Cheesy bean jacket potato & carrot batons
D
Pudding
Fruit

Cheesy bean jacket potato & carrot batons
D
Pudding
Fruit

THURSDAY

Cheddar cheese & crackers
G, D, N


Starter
Minestrone soup
CE, D, G, N, E, F, SO
Creamy coconut, aubergine & chickpea curry with soft naan bread and mixed veg
G, D

Starter
Minestrone soup
CE, D, G, N, E, F, SO
Creamy coconut, aubergine & chickpea curry with soft naan bread and mixed veg
G, D

Creamy tuna pasta salad with crunch cucumber
G, F, D, SU

Pudding
Fruit

Creamy bean pasta salad with crunch cucumber
G, D, SU
Pudding
Fruit

FRIDAY

Corn cakes & pepper sticks
D, SE, SO

Cheesy pasta with green veg & crunchy topping and butternut squash
G, D, MU


Cheesy pasta with green veg & crunchy topping and butternut squash
G, D, MU

Chicken with tomato salsa & tortilla wraps
G
Pudding
Fruit

Quorn chicken with tomato salsa & tortilla wraps
G
Pudding
Fruit

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