# FOOD Autumn & Winter menu - week 1

#### MONDAY

**Morning** snack

corn cakes

Cottage cheese &

Mexican black bean rice bowl with avocado Lunch

<u>Pudding</u> Apple & berry bake

Vegetarian lunch

Mexican black bean rice bowl with avocado

> Pudding Apple & berry bake

Pizza bagel with creamy butter

bean dip and carrot sticks

G SS MU SU High tea



<u>Pudding</u> Fruit

Vegetarian high tea

Pizza bagel with creamy butter bean dip and carrot sticks G. SS. MU. SU

> **Pudding** Fruit

#### **TUESDAY**

Houmous & oatcakes G, SS, SU

Starter Sunshine squash soup & dipper bread G, SO, CE, D

Chicken and sweet-leek bake & green beans

Starter Sunshine squash soup & dipper bread

G, SO, CE, D Butter bean and sweet-leek bake & green beans CF G SO

Baked sweet potato with creamy fish topping and sweetcorn

> **Pudding** Fruit

Baked sweet potato with creamy cheese & lentils topping and sweetcorn



SU. MU <u>Pudding</u>

#### WEDNESDAY

Egg dip & breadsticks E, G, D



Melty cheese & bean pot and courgette MU, D

Pudding Creamy rice pudding with dried apricots

Melty cheese & bean pot and courgette

Pudding Creamy rice pudding with dried apricots

Chicken & pineapple sandwich with celery sticks D, G, SO, CE

> **Pudding** Fruit

Tofu & pineapple sandwich with celery sticks D, G, SO

> <u>Pudding</u> Fruit

#### **THURSDAY**

Tuna dip & rice cakes

or Houmous & rice cakes (V)

Starter

Grapes, cheese & biscuits SO, SE, SU

Turkey & tomato bean pasta and roasted butternut squash CE, G

> Starter Grapes, cheese & biscuits SO, SE, SU

Tomato bean pasta and roasted butternut squash

> Creamy egg & cress rolls

> > G, SO,E, D **Pudding** Fruit

Creamy egg & cress rolls

G. SO. E. D

**Pudding** Fruit

#### **FRIDAY**

Cream cheese & crackers D, G, N

Twisty tuna pasta with carrots

Pudding Warming winter berries with yoghurt

Bouncy bean pasta with carrots



<u>Pudding</u> Warming winter berries with yoghurt

Chicken tortilla wraps & tomato salsa

> **Pudding** Fruit

Quorn tortilla wraps & tomato salsa

> Pudding Fruit



























Starchy

& carbs

portions





Fruit and

portion

vegetable







Protein

portion

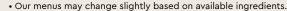












- Breakfast is served every day. We serve a selection of wholegrain cereals and fruit.
  - Water is available all day. Milk is offered at snack and teatime too.
  - Fruit is available in the afternoon for children to help themselves to.

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# FOOD Autumn & Winter menu - week 2

# partou

## **Morning** snack

Cottage cheese & rice cakes D. SO

MONDAY

Lunch

Starter Creamy leek-y potato soup

Golden rice with chickpeas and carrot yoghurt and cauliflower

Vegetarian lunch

Starter Creamy leek-y potato soup D. CE

Golden rice with chickpeas and carrot yoghurt and cauliflower

High tea

high tea

Vegetarian

Cheesy pineapple wraps

> <u>Pudding</u> Fruit

Yummy tofu & pineapple wraps G, SO, L, MU, SS



#### **TUESDAY**

Houmous & breadsticks G, SE, SU, SO

Mini beef burgers in soft buns & tomato and sweetcorn

<u>Pudding</u> Warm apple & berry mix with yoghurt

Mini bean burgers in soft buns & tomato and sweetcorn E. G. SO. D

**Pudding** Warm apple & berry mix with yoghurt

Fluffy potato with salmon & cream cheese with cucumber and lettuce

> <u>Pudding</u> Fruit

Fluffy potato with lentil & cream cheese with cucumber and lettuce

> <u>Pudding</u> Fruit

#### WEDNESDAY

Cheddar cheese & crackers

Starter Traffic light veggie platter

Spiced chicken with rice & yoghurt and green beans

Starter Traffic light veggie platter

Spiced quorn with rice & yoghurt and green beans

> Egg & cress wholemeal rolls G, SO E, D

> > <u>Pudding</u> Fruit

Eaa & cress wholemeal rolls G SOF D

> Pudding Fruit

#### **THURSDAY**

Banana & ricotta smash oatcakes

Creamy ocean fish pie and carrots

**Pudding** Soft cooked pears with sweet dates

Creamy lentil & veg pie and carrots D. G

<u>Pudding</u> Soft cooked pears with sweet dates

> Chicken, cheese & mango wraps

> > <u>Pudding</u> Fruit

Tofu, cheese & mango wraps G, SO, D, L, MU, SS

> <u>Pudding</u> Fruit

#### **FRIDAY**

Guacamole & corn cakes SO, SE, D

Bright beetroot & yoghurt dip with cucumber dunkers

Apricot lamb with fluffy couscous and broccoli

#### Starter

Bright beetroot & yoghurt dip with cucumber dunkers

Apricot chickpea with fluffy couscous and broccoli

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

> <u>Pudding</u> Fruit



















































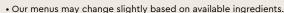
Fruit and vegetable portion



Protein portion



Dairy portion



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## FOOD Autumn & Winter menu - week 3

#### MONDAY

## Morning snack

D, G

Lunch

<u>Pudding</u>

**Vegetarian** lunch

High tea

Vegetarian high tea

Cream cheese & oat cakes

Lentil & spinach stew with fluffy rice and peas

Poached peaches

Lentil & spinach stew with fluffy rice and peas

> Pudding Poached peaches

Savoury cheese muffins with cucumber and pepper batons

> Pudding Fruit

Savoury cheese muffins with cucumber and pepper batons

> **Pudding** Fruit

#### **TUESDAY**

Tomatoes & rice cakes



Starter Crunch apple & cheese bites

Lemony chicken with fluffy mashed potato and courgette

Starter Crunch apple & cheese bites

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

> <u>Pudding</u> Fruit

Teddy bears picnic - houmous. bread roll, apple and cheese

> <u>Pudding</u> Fruit

#### **WEDNESDAY**

Houmous & breadsticks G, SE, SU, SO

Tender beef stew with tiny pasta and broccoli

**Pudding** Banana & blueberry cream bites

Tender bean stew with tiny pasta and broccoli

<u>Pudding</u> Banana & blueberry cream bites

Cheesy bean jacket potato & carrot batons

> Pudding Fruit

Cheesy bean jacket potato & carrot batons

> <u>Pudding</u> 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

#### Starter

Minestrone soup CE, D, G, N, E, F, SO

Creamy coconut, aubergine & chickpea curry with soft naan bread and mixed veg

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

> <u>Pudding</u> Fruit

Quorn chicken with tomato salsa & tortilla wraps

> <u>Pudding</u> Fruit













portions











































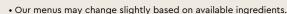
Fruit and vegetable portion



Protein portion



Dairy portion



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