



Autumn & Winter Menu

Week 1



	Morning snack	Lunch	Vegetarian lunch	High tea	Vegetarian high tea
	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>
Monday	Cream cheese & breadsticks G: wheat M	Ratatouille salmon pasta with broccoli & peas Seasonal crumble & Greek yoghurt G: wheat, oats F M	Ratatouille vegetable pasta with broccoli & peas Seasonal crumble & Greek yoghurt G: wheat, oats M	Cheese & vegetable quesadilla triangles & pea dip Milk & fresh fruit G: wheat M	Cheese & vegetable quesadilla triangles & pea dip Milk & fresh fruit G: wheat M
Tuesday	Banana & oatcakes G: oats M	Garlic bread & tomato Beef chilli with rice & carrots G: wheat M	Garlic bread & tomato Lentil chilli with rice & carrots G: wheat M	Jacket potato with baked beans, cheese & tomato side salad Milk & fresh fruit M	Jacket potato with baked beans, cheese & tomato side salad Milk & fresh fruit M
Wednesday	Crumpets & homemade jam G: wheat M	Chicken fajita bake Pineapple delight & oats G: wheat, oats M	Vegetarian fajita bake Pineapple delight & oats G: wheat, oats E M	Winter vegetable soup & bread roll Milk & fresh fruit G: wheat M CE	Winter vegetable soup & bread roll Milk & fresh fruit G: wheat M CE
Thursday	Cheddar cheese & crackers G: wheat M	Traffic light fresh fruit & veg platter Lamb & potato hotpot with peas G: wheat CE	Traffic light fresh fruit & veg platter Vegetable & potato hotpot with peas G: wheat CE	Pitta flatbread pizza with houmous dip & carrot sticks Milk & fresh fruit G: wheat M SS	Pitta flatbread pizza with houmous dip & carrot sticks Milk & fresh fruit G: wheat M SS
Friday	Houmous & avocado dip with rice cakes SS	Mash-topped lentil & vegetable cottage pie with broccoli Rice pudding with swirled fresh fruit purée M CE	Mash-topped lentil & vegetable cottage pie with broccoli Rice pudding with swirled fresh fruit purée M CE	Tuna & sweetcorn pasta with tomato sauce Milk & fresh fruit G: wheat F M	Mixed bean & sweetcorn pasta with tomato sauce Milk & fresh fruit G: wheat M

Allergen key: the codes under each meal show the allergens it contains

G Gluten CR Crustaceans E Eggs F Fish P Peanuts SO Soya M Milk N Tree nuts CE Celery
MU Mustard SS Sesame seeds SU Sulphur dioxide & sulphites L Lupin MO Molluscs

Weaning options available

Please ask a member of our team



Autumn & Winter Menu

Week 2



	Morning snack	Lunch	Vegetarian lunch	High tea	Vegetarian high tea
	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>
Monday	Crackers & plant-based spread G: wheat	Mild chipotle sweet potato & black bean stew with dumplings Mixed berry chia pudding with Greek yoghurt G: wheat M CE	Mild chipotle sweet potato & black bean stew with dumplings Mixed berry chia pudding with Greek yoghurt G: wheat M CE	Chicken & sweetcorn sandwich fingers with pepper batons & houmous dip Milk & fresh fruit G: wheat M SS	Cottage cheese & cucumber sandwich fingers with pepper batons & houmous dip Milk & fresh fruit G: wheat M SS
Tuesday	Red pepper houmous with breadsticks G: wheat SS	Butternut squash & red pepper soup with tortilla dipping fingers Beef meatballs with rice & mixed vegetables G: wheat E CE	Butternut squash & red pepper soup with tortilla dipping fingers Vegan meatballs with rice & mixed vegetables G: wheat, barley SO CE	Frittata with green salad Milk & fresh fruit E M	Frittata with green salad Milk & fresh fruit E M
Wednesday	Cream cheese & rice cakes M	Chicken & vegetable jambalaya bake Apple & banana oat bars G: wheat, oats E M CE	Vegetable & bean fajita bake Apple & banana oat bars G: wheat, oats E M	Turkey meatball sub roll finger sandwiches with tomato side salad Milk & fresh fruit G: wheat E M	Vegan meatball sub roll finger sandwiches with tomato side salad Milk & fresh fruit G: wheat, barley SO M
Thursday	Strawberry & mango dip with oatcakes G: oats M	Garlic bread Beef lasagne & peas G: wheat M	Garlic bread Mixed veg lasagne & peas G: wheat M	Half jacket potato with cheese, sweetcorn & houmous Milk & fresh fruit M SS	Half jacket potato with cheese, sweetcorn & houmous Milk & fresh fruit M SS
Friday	Avocado & corn cakes M	Mild salmon pasta bake with cucumber side salad Banana, avocado & date cookie G: wheat, oats F M	Creamy cheese & vegetable pasta bake with cucumber side salad Banana, avocado & date cookie G: wheat, oats M	Chicken garden fingers with pitta wedges & cooling raita Milk & fresh fruit G: wheat, oats M	Chickpea garden fingers with pitta wedges & cooling raita Milk & fresh fruit G: wheat, oats M

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G Gluten **CR** Crustaceans **E** Eggs **F** Fish **P** Peanuts **SO** Soya **M** Milk **N** Tree nuts **CE** Celery
MU Mustard **SS** Sesame seeds **SU** Sulphur dioxide & sulphites **L** Lupin **MO** Molluscs

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Autumn & Winter Menu

Week 3



	Morning snack	Lunch	Vegetarian lunch	High tea	Vegetarian high tea
	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>
Monday	Red pepper houmous with rice cakes SS	Shredded chicken stew with wholemeal pitta bread fingers Seasonal fresh fruit platter G: wheat CE	Mixed bean & butternut squash stew with wholemeal pitta bread fingers Seasonal fresh fruit platter G: wheat M CE	Minestrone soup & soft bun fingers Milk & fresh fruit G: wheat M CE	Minestrone soup & soft bun fingers Milk & fresh fruit G: wheat M CE
Tuesday	Garlic lemon dip & breadsticks G: wheat M	Mushroom, cannellini bean & aubergine spaghetti with roasted asparagus Lemon & blueberry Greek yoghurt fresh fruit pot G: wheat, oats M CE	Mushroom, cannellini bean & aubergine spaghetti with roasted asparagus Lemon & blueberry Greek yoghurt fresh fruit pot G: wheat, oats M CE	BBQ chicken pizza with courgette ribbons Milk & fresh fruit G: wheat M	BBQ tofu pizza with courgette ribbons Milk & fresh fruit G: wheat SO M
Wednesday	Mixed berry dip & oatcakes G: oats M	Vegetarian sausage & mash with peas, sweetcorn & reduced-salt gravy Apple crumble & Greek yoghurt G: wheat, barley, oats E M CE	Vegetarian sausage & mash with peas, sweetcorn & reduced-salt gravy Apple crumble & Greek yoghurt G: wheat, barley, oats E M CE	Tuna jacket potato with carrot & cucumber sticks Milk & fresh fruit F M	Cheese & spring onion sauce jacket potato with carrot & cucumber sticks Milk & fresh fruit M
Thursday	Cream cheese & crackers G: wheat M	Mango chutney & naan bread Chickpea curry & rice with broccoli & peas G: wheat M CE	Mango chutney & naan bread Chickpea curry & rice with broccoli & peas G: wheat M CE	Chicken & couscous salad with cucumber & mint Greek yoghurt Milk & fresh fruit G: wheat M CE	Quorn chicken & couscous salad with cucumber & mint Greek yoghurt Milk & fresh fruit G: wheat E M CE
Friday	Homemade jam corn cakes & watermelon slices No major allergens	Cucumber, pepper & carrot sticks with Greek yoghurt & mint dip Tuna pasta bake with wholemeal bread & peas G: wheat F M CE	Cucumber, pepper & carrot sticks with Greek yoghurt & mint dip Mixed vegetable pasta bake with wholemeal bread & peas G: wheat M CE	Chia jam & houmous tortilla wraps Fresh fruit & Greek yoghurt dip with milk G: wheat M SS	Chia jam & houmous tortilla wraps Fresh fruit & Greek yoghurt dip with milk G: wheat M SS

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