

## WINTER MENU: WEEK 1

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Supper
<b>Mon</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks and Carrot Sticks</b> served with hummus	<b>Chicken fried rice with mixed veg</b>	<b>Fresh Fruit Salad</b>	<b>Apples</b>	<b>Cheesy bean potato bake</b> <b>Yogurt and Fresh Fruit</b>
<b>Tue</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with cucumber and hummus	<b>Fish pie with sweetcorn and peas</b>	<b>Rice pudding</b>	<b>Pears</b>	<b>Scrambled eggs with spring onion on wholewheat toast</b> <b>Yogurt and Fresh Fruit</b>
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with peppers and hummus	<b>Lamb casserole with couscous</b>	<b>Fresh Fruit Salad</b>	<b>Melon</b>	<b>Creamy chicken and vegetable soup with bread</b> <b>Yogurt and Fresh Fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with carrots and hummus	<b>Roast chicken with oven cooked potatoes and broccoli</b>	<b>Fruit crumble with custard</b>	<b>Satsuma</b>	<b>Vegetable noodles stir fry</b> <b>Yogurt and Fresh Fruit</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with cucumber and hummus	<b>Chicken nuggets with potato wedges</b>	<b>Strawberry Mousse</b>	<b>Bananas</b>	<b>Jacket potato with beans and cheese</b> <b>Yogurt and Fresh fruit</b>

ALL DISHES ARE HOMEMADE. THE MENU WILL CHANGE ACCORDINGLY TO ACCOMMODATE ANY ALLERGY OR DIETARY REQUIREMENTS

## WINTER MENU: WEEK 2

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Supper
<b>Mon</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks and Carrot Sticks</b> served with hummus	<b>Lentil Bolognese spaghetti and garlic bread</b>	<b>Fresh Fruit Salad</b>	<b>Apples</b>	<b>Fishcakes with couscous</b> <b>Yogurt and Fresh Fruit</b>
<b>Tue</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with cucumber and hummus	<b>Chicken curry with rice and steamed veg</b>	<b>Banana Muffins</b>	<b>Pears</b>	<b>Baby potato, broccoli and cheese bake</b> <b>Yogurt and Fresh Fruit</b>
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with peppers and hummus	<b>Fish and veg stew with mash</b>	<b>Semolina milk pudding</b>	<b>Melon</b>	<b>Roasted vegetable pasta bake</b> <b>Yogurt and Fresh Fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with carrots and hummus	<b>Shepherd's pie with mixed veg</b>	<b>Fruit salad</b>	<b>Satsuma</b>	<b>Risotto of the week</b> <b>Yogurt and Fresh Fruit</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with cucumber and hummus	<b>Savoury rice with sausages</b>	<b>Sugar free jelly</b>	<b>Bananas</b>	<b>Pasta in creamy tomato sauce with cheese</b> <b>Yogurt and Fresh Fruit</b>

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## WINTER MENU: WEEK 3

	<b>Breakfast</b>	<b>Morning Snack</b>	<b>Lunch</b>	<b>Lunch Pudding</b>	<b>Afternoon Snack</b>	<b>Supper</b>
<b>Mon</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks and Carrot Sticks</b> served with hummus	<b>Meatballs in tomato sauce with spaghetti</b>	<b>Fresh Fruit Salad</b>	<b>Apples</b>	<b>Spanish omelette with baked beans</b>  <b>Yogurt and Fresh Fruit</b>
<b>Tue</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with cucumber and hummus	<b>Tuna pasta bake with spring onions and sweetcorn</b>	<b>Bread and butter pudding</b>	<b>Pears</b>	<b>Chicken and leek pie</b>  <b>Yogurt and Fresh Fruit</b>
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with peppers and hummus	<b>Shepherd's pie with mixed veg and gravy</b>	<b>Fruit salad</b>	<b>Melon</b>	<b>Spaghetti Napolitana</b>  <b>Yogurt and Fresh Fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with carrots and hummus	<b>BBQ chicken with rice, peas and home-made coleslaw</b>	<b>Peaches and cream</b>	<b>Satsuma</b>	<b>Vegetable stew with bread rolls</b>  <b>Yogurt and Fresh Fruit</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with cucumber and hummus	<b>Haddock Kedgeree</b>	<b>Chocolate cake with chocolate sauce</b>	<b>Bananas</b>	<b>Macaroni cheese with bacon</b>  <b>Yogurt and Fresh Fruit</b>

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## WINTER MENU: WEEK 4

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Supper
<b>Mon</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks and Carrot Sticks</b> served with hummus	<b>Stir fry noodles with pork and veg</b>	<b>Fresh Fruit Salad</b>	<b>Apples</b>	<b>Potato wedges with beans and cheese</b> <b>Yogurt and Fresh Fruit</b>
<b>Tue</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with cucumber and hummus	<b>Chilli con carne with rice and salad</b>	<b>Peaches and cream</b>	<b>Pears</b>	<b>Spaghetti carbonara</b> <b>Yogurt and Fresh Fruit</b>
<b>Wed</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Oatcakes</b> served with peppers and hummus	<b>Fish and veg stew with mash</b>	<b>Sugar free jelly</b>	<b>Melon</b>	<b>Egg fried rice</b> <b>Yogurt and Fresh Fruit</b>
<b>Thu</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Rice Cakes</b> served with carrots and hummus	<b>Beef casserole with boiled potatoes</b>	<b>Rice pudding</b>	<b>Satsuma</b>	<b>Sausages and mash</b> <b>Yogurt and Fresh Fruit</b>
<b>Fri</b>	<b>Selection of Cereal And Toast</b> served with marmite and jam and chopped fruit	<b>Breadsticks</b> served with cucumber and hummus	<b>Tuna pasta bake</b>	<b>Fresh Fruit Salad</b>	<b>Bananas</b>	<b>Homemade ham and pineapple pizza</b> <b>Yogurt and Fresh Fruit</b>

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