



Winter / Spring Menu

Alternatives provided for dietary needs where necessary and menu subject to change. Fresh vegetables are served daily with both main meals

Week 1

Monday

AM snack - Breadsticks/humus

Lunch – Shepherd’s Pie with cheesy mash topping * Fruit & Yoghurt

PM snack - Satsuma/grapes

Supper – Scrambled egg or omelette * Peaches and cream

Tuesday

AM snack - Banana/tomatoes

Lunch - Sweet & Sour chicken and rice * Fruit & Yoghurt

PM snack - Sweet biscuit

Supper – Baked beans and cheese on toast * Fruit meringues

Wednesday

AM snack - Apple/pear

Lunch – Sausages and vegetable pasta * Fruit & Yoghurt

PM snack - Rice cakes/jam/honey

Supper – Hoops, cheese and turkey on toast * Banana Custard

Thursday

AM snack - Sweet biscuit

Lunch – Vegetarian bolognese with Quorn and vegetables * Fruit & Yoghurt

PM snack - Cucumber/carrot/tomato

Supper – Pizza and crudités * Mangoes and cream

Friday

AM snack - Rice cake/cheese/marmite

Lunch - Salmon and broccoli pasta * Fruit & Yoghurt

PM snack - Apple/melon

Supper – Chicken goujons and smiley potato faces * Ice cream with sprinkles or sauces



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Week 2

Monday

AM snack - Breadsticks/humus

Lunch – Tomato and roasted vegetable pasta bake and garlic bread * Fruit & Yoghurt

PM snack - Satsuma/grapes

Supper – Baked beans and cheese on toast * Banana Custard

Tuesday

AM snack - Banana/tomatoes

Lunch – Creamy turkey and Vegetables with a cheesy mash topping * Fruit & Yoghurt

PM snack - Satsuma/grapes

Supper – Pizza and crudités * Mangoes and cream

Wednesday

AM snack - Apple/pear

Lunch – Spaghetti Bolognese * Fruit & Yoghurt

PM snack - Rice cakes/jam/honey

Supper – Chicken goujons and smiley potato faces * Ice cream with sprinkles or sauces

Thursday

AM snack - Sweet biscuit

Lunch – Chicken fillets with roasted tomatoes and rice * Fruit & Yoghurt

PM snack - Cucumber/carrot/tomato

Supper – Hoops, cheese and turkey on toast * Peaches and cream

Friday

AM snack - Rice cake/cheese/marmite

Lunch - Fish fingers and sweet potato * Fruit & Yoghurt

PM snack - Apple/melon

Supper – Scrambled egg or omelette * Fruit meringues



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Week 3

Monday

AM snack - Breadsticks/humus

Lunch – Beef mince with mixed pulses and rice * Fruit & Yoghurt

PM snack - Satsuma/grapes

Supper – Chicken goujons and smiley potato faces * Mangoes and cream

Tuesday

AM snack - Banana/tomatoes

Lunch – Chicken with roasted vegetable couscous * Fruit & Yoghurt

PM snack - Satsuma/grapes

Supper – Hoops, cheese and turkey on toast * Ice cream with sprinkles or sauces

Wednesday

AM snack - Apple/pear

Lunch – Fish pie and peas * Fruit & Yoghurt

PM snack - Rice cakes/jam/honey

Supper – Pizza and crudités * Peaches and cream

Thursday

AM snack - Sweet biscuit

Lunch – Homemade lamb meatballs with tomato pasta * Fruit & Yoghurt

PM snack - Cucumber/carrot/tomato

Supper – Scrambled egg or omelette * Fruit meringues

Friday

AM snack - Rice cake/cheese/marmite

Lunch – Tuna pasta bake * Fruit & Yoghurt

PM snack - Apple/melon

Supper – Baked beans and cheese on toast * Banana Custard



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Week 4

Monday

AM snack - Breadsticks/humus

Lunch – Chilli Con Carne with rice * Fruit & Yoghurt

PM snack - Satsuma/grapes

Supper – Hoops, cheese and turkey on toast * Ice cream with sprinkles or sauces

Tuesday

AM snack - Banana/tomatoes

Lunch – Homemade turkey burgers with pasta * Fruit & Yoghurt

PM snack - Satsuma/grapes

Supper – Chicken goujons and smiley potato faces * Peaches and cream

Wednesday

AM snack - Apple/pear

Lunch – Sausages and sweet potato * Fruit & Yoghurt

PM snack - Rice cakes/jam/honey

Supper – Scrambled egg or omelette * Fruit meringues

Thursday

AM snack - Sweet biscuit

Lunch - Chicken curry, rice and poppadums * Fruit & Yoghurt

PM snack - Cucumber/carrot/tomato

Supper – Baked beans and cheese on toast * Banana Custard

Friday

AM snack - Rice cake/cheese/marmite

Lunch – Homemade fishcakes with pasta * Fruit & Yoghurt

PM snack - Apple/melon

Supper – Pizza and crudités * Mangoes and cream
