



Winter Menu Week 1 – Dietary



Dairy Free / Gluten Free / Egg Free / Soya Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
Morning Snack	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF
Lunch	Vegan Sausage and Spaghetti Hoops on Wholemeal Toast DF/EF/SF	Vegan Cottage Pie with Peas DF/GF/EF/SF	Quorn Chicken with Mash, Broccoli and Green Beans DF/GF/EF/SF	Vegan Bolognaisse served with Homemade Garlic Bread EF/SF/DF	Fishless Fish Fingers, New Potatoes and Broccoli EF/SF/DF
Afternoon Snack	Vegetable Crudites with Guacamole DF/GF/EF/SF	Vegetable Crudites and Water Biscuits DF/GF/EF/SF	Vegetable Crudites with Crackers DF/GF/EF/SF	Vegetable Crudites with Tomato Salsa DF/GF/EF/SF	Vegetable Crudites and Dairy Free Cheese Sticks DF/GF/EF/SF
Tea	Sweetcorn and Leek Pasta Bake EF/SF/DF	Mushroom Risotto DF/GF/EF/SF / Pasta DF/EF/SF	Dairy Free Cheesy Peasy Pasta DF/EF/SF	Broccoli & Cauliflower Bake DF/GF/EF/SF	Sweet and Sour Vegetables with Rice DF/GF/EF/SF /Pasta DF/EF/SF
Pudding	Fruit Crumble and Vegan Custard EF/SF/DF	Fruit Yoghurt DF/GF/EF/SF	Poached Pears and Yoghurt DF/GF/EF/SF	Cinnamon, Golden Syrup & Oat Biscuits served with Oat Milk DF/GF/EF/SF	Apple & Blueberry Compote served with DF yoghurt DF/SF



Winter Menu Week 2 – Dietary

Dairy Free/Gluten Free/Egg Free/Soya Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
Morning Snack	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF
Lunch	Mediterranean Quorn Chicken Risotto with Green Beans/Pasta DF/EF/SF	Vegan Sausage Casserole with Mash Potato DF/GF/EF/SF	Quorn Chicken with Herby Potatoes and Mixed Vegetables DF/GF/EF/SF	Vegan Meatballs with Spaghetti DF/EF/SF	Leek & Mushroom Pie DF/GF/EF/SF
Afternoon Snack	Vegetable Crudites with Guacamole DF/GF/EF/SF	Vegetable Crudites and Water Biscuits DF/GF/EF/SF	Vegetable Crudites with Crackers DF/GF/EF/SF	Vegetable Crudites with Tomato Salsa DF/GF/EF/SF	Vegetable Crudites and Dairy Free Cheese Sticks DF/GF/EF/SF
Tea	Sweet Potato Curry with Rice DF/GF/EF/SF / Pasta DF/EF/SF	Dairy Free Hidden Vegetable Macaroni Cheese with Sweetcorn DF/EF/SF	Jacket Potato with a Choice of Fillings DF/GF/EF/SF	Baked Beans/ Spaghetti Hoops on Toast served with a Hash Brown DF/EF/SF	Vegetable Lasagne with Homemade Garlic Bread DF/EF/SF
Pudding	Fruit Yoghurt DF/GF/EF/SF	Chocolate Krispie Cake served with Oat Milk DF/GF/EF/SF	Jelly DF/GF/EF/SF	Bananas and Vegan Custard DF/GF/EF/SF	Cranberry & Parsnip Flapjack served with Oat Milk EF/SF/DF



Winter Menu Week 3 – Dietary

Dairy Free / Gluten Free / Egg Free / Soya Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
Morning Snack	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF
Lunch	Quorn Spanish Chicken with Diced Sweet Potato DF/GF/EF/SF	Sweetcorn & Leek Pasta Bake with Garlic Bread EF/SF/DF	Quorn Chicken with Roast Potatoes, Carrots and Peas DF/GF/EF/SF	Quorn Lemon Chicken served with Cous Cous and Peas DF/GF/EF/SF	Fishless Fish Fingers and Pea Potato Salad EF/SF/DF
Afternoon Snack	Vegetable Crudites with Guacamole DF/GF/EF/SF	Vegetable Crudites and Water Biscuits DF/GF/EF/SF	Vegetable Crudites with Crackers DF/GF/EF/SF	Vegetable Crudites with Tomato Salsa DF/GF/EF/SF	Vegetable Crudites and Dairy Free Cheese Sticks DF/GF/EF/SF
Tea	Spinach, Tomato & Basil Penne DF/EF/SF	Vegetable Casserole Stew with Dumplings DF/EF/SF	Jacket Potato with A Choice of Fillings DF/GF/EF/SF	Sweet and Sour Vegetables with Rice DF/GF/EF/SF / Pasta DF/EF/SF	Vegetable Risotto DF/GF/EF/SF / Pasta DF/EF/SF
Pudding	Fruit Yoghurt DF/GF/EF/SF	Peaches and Vegan Cream DF/GF/EF/SF	Fruit Flapjack served with Oat Milk EF/SF/DF	Jelly DF/GF/EF/SF	Lemon Shortbread Biscuit served with Oat Milk DF/GF/EF/SF



Winter Menu Week 4 – Dietary

Dairy Free / Gluten Free / Egg Free / Soya Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
Morning Snack	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF	Fresh Fruit Platter DF/GF/EF/SF
Lunch	Quorn Chicken Casserole DF/GF/EF/SF	Savoury Vegan Meatballs with Mash Potato and Green Beans DF/GF/EF/SF	Quorn Chicken with Roasted New Potatoes and Sweetcorn DF/GF/EF/SF	Vegan Sausages with Potato Wedges and Green Beans DF/GF/EF/SF	Fishless Fish Fingers served with Diced Potatoes & Peas EF/SF/DF
Afternoon Snack	Vegetable Crudites with Guacamole DF/GF/EF/SF	Vegetable Crudites and Water Biscuits DF/GF/EF/SF	Vegetable Crudites with Crackers DF/GF/EF/SF	Vegetable Crudites with Tomato Salsa DF/GF/EF/SF	Vegetable Crudites and Dairy Free Cheese Sticks EF/SF/DF
Tea	Roasted Butternut Squash Soup with Wholemeal Bread DF/EF/SF	Mexican Bean Chilli and Rice DF/GF/EF/SF / Pasta EF/SF/DF	Baked Beans/ Spaghetti Hoops on Toast served with a Hash Brown DF/EF/SF	Mediterranean Vegetable Penne DF/EF/SF	Jacket Potato and Choice of Fillings DF/GF/EF/SF
Pudding	Fresh Fruit with Yoghurt DF/GF/EF/SF	Melon Medley with Oat Milk DF/GF/EF/SF	Fruit Yoghurt DF/GF/EF/SF	Cherry Squares served with Oat Milk EF/SF/DF	Bananas and Vegan Custard DF/GF/EF/SF