



WINTER MENU – WEEK 1



	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	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Lunch	Sausage and Spaghetti Hoops on a Toasted Muffin	Cottage Pie with Peas	Roast Chicken with Mash, Broccoli and Green Beans	Spaghetti Bolognese served with Homemade Garlic Bread	Flaked Salmon, New Potatoes and Broccoli
Afternoon Snack	Vegetable Crudites with Guacamole	Vegetable Crudites and Water Biscuits	Vegetable Crudites with Crackers	Vegetable Crudites with Tomato Salsa	Vegetable Crudites and Cheese Sticks
Tea	Sweetcorn and Leek Pasta Bake	Mushroom Risotto	Cheesy Peasy Pasta	Broccoli & Cauliflower Bake	Sweet and Sour Vegetables with Rice
Pudding	Fresh Fruit Yoghurt	Fruit Crumble and Custard	Poached Pears and Fresh Fromage Frais	Cinnamon, Golden Syrup & Oat Biscuits served with Milk	Apple & Blueberry Compote served with yoghurt



WINTER MENU – WEEK 2



	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	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Lunch	Mediterranean Chicken Risotto with Green Beans	Sausage Casserole with Mash Potato	Roast Turkey with Herby Potatoes and Mixed Vegetables	Meatballs with Spaghetti	Fisherman's Pie
Afternoon Snack	Vegetable Crudites with Guacamole	Vegetable Crudites and Water Biscuits	Vegetable Crudites with Crackers	Vegetable Crudites with Tomato Salsa	Vegetable Crudites and Cheese Sticks
Tea	Hidden Vegetable Macaroni Cheese with Sweetcorn	Sweet Potato Curry with Rice	Jacket Potato with a Choice of Fillings	Baked Beans/ Spaghetti Hoops on Toast served with a Hash Brown	Vegetable Lasagne with Homemade Garlic Bread
Pudding	Fresh Fruit Yoghurt	Chocolate Krispie Cake served with Milk	Fruit Jelly	Bananas and Custard	Cranberry & Parsnip Flapjack served with Milk



WINTER MENU – WEEK 3



	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	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Lunch	Spanish Chicken with Diced Sweet Potato	Tuna & Sweetcorn Pasta Bake with Garlic Bread	Roast Chicken with Roast Potatoes, Carrots and Peas	Grilled Lemon Chicken with Cous Cous and Green Beans	Fish Cakes with Wedges and Sweetcorn
Afternoon Snack	Vegetable Crudites with Guacamole	Vegetable Crudites and Water Biscuits	Vegetable Crudites with Crackers	Vegetable Crudites with Tomato Salsa	Vegetable Crudites and Cheese Sticks
Tea	Spinach, Tomato & Basil Penne	Mixed Vegetable & Red Pepper Fajitas	Jacket Potato with A Choice of Fillings	Sweet and Sour Vegetables with Rice	Vegetable Risotto
Pudding	Fresh Fruit Yoghurt	Peaches and Cream	Fruit Flapjack served with Milk	Fruit Jelly	Lemon Shortbread Biscuit served with Milk



WINTER MENU – WEEK 4



	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	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Lunch	Chicken Casserole	Savoury Beef Mince with Rice and Green Beans	Roast Turkey with Roasted New Potatoes and Sweetcorn	Sausages with Potato Wedges and Broccoli	Cod Goujons with Diced Potatoes & Peas
Afternoon Snack	Vegetable Crudites with Guacamole	Vegetable Crudites and Water Biscuits	Vegetable Crudites with Crackers	Vegetable Crudites with Tomato Salsa	Vegetable Crudites and Cheese Sticks
Tea	Roasted Butternut Squash Soup with Fresh Baked Rolls/ Wholemeal Bread	Bean and Vegetable Enchiladas	Baked Beans/ Spaghetti Hoops on Toast served with a Hash Brown	Mediterranean Vegetable Penne	Jacket Potato and Choice of Fillings
Pudding	Malt Loaf served with Fruit	Cinnamon Swirls	Fresh Fruit Yoghurt	Cherry Squares served with Milk	Bananas and Custard