






AUTUMN/WINTER MENU


Week 1

| | LUNCH  | TEA  | SNACKS  |
|------------------|--|---|--|
| Monday | Chicken and broccoli pasta bake ~ Poached pears Contains wheat. | Vegetable risotto ~ Strawberry yoghurt moose Contains celery and milk. | Selection of fresh vegetables and fruit |
| Tuesday | Pork and apple burgers served with homemade potato wedges ~ Homemade banana and oat muffins Contains wheat and eggs. | Homemade cheese and onion quiche with rainbow salad sticks and homemade dip ~ Sugar free fruity jelly Contains fish, milk and eggs. | Selection of fresh vegetables and fruit |
| Wednesday | Steak and kidney stew with a healthy side of mixed vegetables ~ Homemade fruit crumble and custard Contains Milk and eggs. | Chunky homemade tomato soup packed with fresh vegetables and lentils ~ Frozen banana lollipops Contains celery. | Selection of fresh vegetables and fruit |
| Thursday | Shepherd's pie with a healthy side of mixed vegetables ~ Rice pudding Contains milk. | Homemade mixed fishcakes with vegetables ~ Homemade spinach and blueberry muffins Contains fish, wheat and eggs. | Selection of fresh vegetables and fruit |
| Friday | Meatballs with homemade tomato sauce and whole meal pasta ~ Fresh fruit and custard Contains wheat, milk and eggs. | Mixed sandwiches with salad sticks, scotch eggs and variety of dips ~ Homemade milk lollies Contains milk and wheat. | Selection of fresh vegetables and fruit |



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Week 2

| | LUNCH  | TEA  | SNACKS  |
|------------------|---|--|--|
| Monday | Lasagna with homemade tomato and cheese sauce ~ Mixed fruit smoothie Contains wheat. | Make your own chicken wraps and choice of salad ~ Apple and plum crumble Contains wheat and milk. | Selection of fresh vegetables and fruit |
| Tuesday | Mixed bean stew with mashed potatoes ~ Freshly baked cranberry muffins Contains wheat, milk and eggs. | Salmon and broccoli whole wheat pasta bake ~ Grilled pineapple slices Contains wheat and milk. | Selection of fresh vegetables and fruit |
| Wednesday | Slow cooked lamb casserole with mixed vegetables and bulgur wheat ~ Homemade oat and apricot biscuits Contains wheat and eggs. | Chicken liver pate with warm bread rolls, cheese cube, red onion chutney and salad sticks ~ Fresh fruit salad and custard Contains wheat. | Selection of fresh of vegetables and fruit |
| Thursday | Macaroni and cheese with ham and sweetcorn ~ Whole wheat gingerbread cake Contains milk and wheat. | Chicken, noodle and sweetcorn soup ~ Fromage frais Contains milk and wheat. | Selection of fresh vegetables and fruit |
| Friday | Freshly baked pizza with homemade hidden veg and tomato sauce ~ Sugar free fruit jelly and custard Contains wheat and milk | Homemade chicken curry with spices, lentils and whole meal rice ~ Peaches and ice cream Contains milk and celery. | Selection of fresh vegetables and fruit |



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Week 3

| | LUNCH  | TEA  | SNACKS  |
|------------------|--|---|--|
| Monday | Chicken and veg stir fry with rice ~ Pancakes and fruit Contains wheat and milk. | Ham sandwiches, breadstick, cheese and pickle sticks and salad ~ Coconut and pineapple pops Contains fish and wheat. | Selection of fresh vegetables and fruit |
| Tuesday | Cod fillet in breadcrumbs, hidden veg mash and baked beans ~ Beetroot cake | Chicken, potato and leek soup ~ Apple and cinnamon fritters Contains wheat and eggs. | Selection of fresh vegetables and fruit |
| Wednesday | Mixed bean and vegetable chilli with tortilla chips ~ Stewed apples and custard Contains wheat, milk and eggs. | Cheese and crackers with fruity cous cous salad ~ Sugar free angel delight and fresh fruit Contains milk. | Selection of fresh vegetables |
| Thursday | Sausage and sweet potato mash with mixed vegetables and gravy ~ Banana loaf Contains milk and eggs. | Tuna Pasta salad ~ Baked apples, pears and plums Contains mustard. | Selection of fresh fruit |
| Friday | Mackerel balls with homemade tomato sauce and fresh vegetables ~ Strawberry and quinoa bars Contains fish and milk. | Bagels with cream cheese and a side of fresh vegetables and fruit ~ Fruit kebab sticks Contains milk. | Selection of fresh vegetables |



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Week 4

| | LUNCH  | TEA  | SNACKS  |
|------------------|---|--|--|
| Monday | Mexican chicken with and vegetable rice ~ Fruit cocktail <i>Contains wheat, milk and eggs.</i> | Butternut squash and spinach pasta bake ~ Lemon and lime cookies <i>Contains wheat, milk and eggs.</i> | Selection of fresh vegetables and fruit |
| Tuesday | Beef and sweet potato stew with vegetables ~ Milk pudding <i>Contains milk.</i> | Creamy chicken and spinach with rice and vegetables ~ Yoghurt and berry bits <i>Contains milk.</i> | Selection of fresh vegetables and fruit |
| Wednesday | Pork and apple stew with new potatoes and fresh vegetables ~ Mixed fruit compote | Houmous, whole wheat pitta bread, feta cheese, olives, cracker breads, Tzatziki dip and salad ~ Rainbow fruit salad and ice cream <i>Contains milk.</i> | Selection of fresh vegetables and fruit |
| Thursday | Tuscan style beef with tagliatelle ~ Plum crumble and custard <i>Contains wheat, milk and eggs.</i> | Thai veg curried soup ~ Eggy bread and fresh fruit <i>Contains wheat.</i> | Selection of fresh vegetables and fruit |
| Friday | Spanish chicken with homemade vegetable sauce and rice ~ Grilled peaches and yoghurt <i>Contains milk.</i> | Bacon and pea spaghetti carbonara ~ Melon and grape pops <i>Contains milk and eggs.</i> | Selection of fresh vegetables and fruit |

