



TERMLY MEAL PLANNER



AUTUMN/WINTER 2023

Week 1

MON	L	**Fish Fingers with new potatoes and peas Fruit Salad
	T	***Toasted crumpets with beans and cheese (V) *Fruit Yoghurt
TUE	L	***Cauliflower mac and cheese bake (V) Mandarin jelly
	T	**Homemade roast pepper and sweet potato soup with crusty bread (V) ***Oaty biscuits
WED	L	Beef cottage pie with cabbage ***Peach delight
	T	**Humous, breadsticks, cheese cubes and salad Rice pudding with Raisins
THU	L	*Chicken stroganoff with rice and carrots ***Fruit crumble and custard
	T	*Jacket potato with cheese and beans (V) *Fromage frais
FRI	L	***Salmon noodles with stir-fry veg ***Banana muffins
	T	Beef bolognese pasta with hidden veggies *Fruit smoothie

Week 2

MON	L	**Minced beef in a Yorkshire pudding with red cabbage Pineapple slices
	T	***Salmon paste or cheese spread on wholemeal toast ***Ginger biscuits and apple slices
TUE	L	*White fish in parsley sauce with mash potatoes and broccoli ***Victoria sponge slice
	T	Sweet and sour rice with lentils (V) ***Fruit flapjack
WED	L	Mixed Bean chilli with rice (V) *Peaches with Greek yoghurt
	T	***Tomato and Basil Pasta topped with grated cheese Fruit Salad
THU	L	Lamb, lambs liver and apricot tagine with cous cous ***Baby carrot cakes
	T	***Homemade Ham, leek and potato soup with crusty bread *Angel Delight
FRI	L	**Autumn veg chicken casserole with crusty bread **Semolina with blackcurrant compote
	T	***Crackers, cheese with cucumber and apple slices *Fruit Yoghurt

Week 3

MON	L	*Salmon Fishcakes with wedges and sweetcorn Melon and grapes
	T	***Chicken and mushroom Pasta *Greek yoghurt with strawberries and blackcurrants
TUE	L	*Pork meatballs with hidden veg served with rice ***Peach fool ripple with ginger crumb
	T	Homemade pizza *Fruit milkshake
WED	L	**Mid-week roast chicken dinner with roast potatoes and vegetables *Rice pudding with raisins
	T	**Tuna wraps with salad kebabs **Fruit yoghurt
THU	L	***Creamy cheese vegetable pasta with garlic bread (V) ***Chocolate sponge and custard
	T	Corned beef Hash with red cabbage *Angel Delight
FRI	L	***Meat and potato pie with carrots and peas Fruit Salad
	T	***Afternoon tea sandwiches ***Fruit scones with spread

Week 4

MON	L	*Baked potato with cheese and tomato filling and side salad (V) *Fruit yoghurt
	T	***Afternoon tea sandwiches ***Pancakes and fruit
TUE	L	Lamb shepherd's pie with lamb's liver and peas *Fromage Frais with fruit compote
	T	**Tuscan bean stew with pitta bread Fruit salad
WED	L	***Tuna pasta bake with broccoli *Chocolate custard and mandarin oranges
	T	**Homemade vegetable & lentil soup with crusty bread ***Shortbread biscuit with fruit
THU	L	***Chicken tikka masala with rice and naan bread ***Homemade Jam tart with diced fruit
	T	***Homemade pizza wraps *Fruit smoothie
FRI	L	***Ham and mushroom carbonara *Bananas and ice cream
	T	***Toasted bagels with cream cheese (V) Fruit jelly

*DAIRY-FREE INGREDIENTS USED FOR CHILDREN WITH DIETRY NEEDS

**WHEAT/GLUTEN FREE INGREDIENTS USED FOR CHILDREN WITH DIETRY NEEDS

***WHEAT/GLUTEN/DAIRY-FREE INGREDIENTS USED FOR CHILDREN WITH DIETRY NEED

Breakfast

Choice of healthy cereal and baby porridge

Morning Snack

Variety of fruit or vegetable sticks with plain yoghurt, humous, soft cheese or garlic mayonnaise