



Autumn and Winter Menu

(meals may occasionally vary due to stock provision)



Week 1

	Breakfast	Dinner	Tea
Monday	Choice of healthy cereal and dried fruit	Chana dahl and saag served with basamati rice Fruit in natural juice	Beans and toast Fresh fruit
Tuesday	Choice of healthy cereal and dried fruit	Chicken and tomato sauce served with pasta and vegetables Jelly with fruit	Vegetable and lentil soup with bread and butter Fresh fruit
Wednesday	Choice of healthy cereal and dried fruit	Favourite fish fingers with fluffy mash potato and garden peas Cake and custard	Chicken noodles and peas Fresh fruit
Thursday	Choice of healthy cereal and dried fruit	Mexican beef enchiladas served with green salad Yoghurt	Dips with vegetable sticks and pitta bread Fresh fruit
Friday	Choice of healthy cereal and dried fruit	Cheese and potato pie with crispy top served with seasonal vegetables Ice cream	Selection of sandwiches Fresh fruit

- Children are provided with fresh water throughout the day
- A snack of fresh fruit with a choice of milk or water is provided during each morning and afternoon session
- A choice of milk or water is provided with all meals
- Please ask at the kitchen for a list of allergens for the meals we provide





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Week 2

	Breakfast	Dinner	Tea
Monday	Choice of healthy cereal and dried fruit	Chunky vegetable tagine with turmeric steamed couscous Fruit in natural juice	Boiled eggs with toast and beans Fresh Fruit
Tuesday	Choice of healthy cereal and dried fruit	Pasta and shrimp in tomato sauce with vegetable side Fruit Yoghurt	Vegetable noodles Fresh fruit
Wednesday	Choice of healthy cereal and dried fruit	Shepherd's pie with vegetables Cake and custard	Spaghetti hoops with toast Fresh Fruit
Thursday	Choice of healthy cereal and dried fruit	Grilled chicken pieces served with vegetable pilau rice Fruit Salad	Vegetable soup with bread and butter Fresh fruit
Friday	Choice of healthy cereal and dried fruit	Pizza with coleslaw and herby potato wedges Ice cream	Selection of sandwiches Fresh fruit

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Week 3

	Breakfast	Dinner	Tea
Monday	Choice of healthy cereal and dried fruit	Tomato, roast vegetable and lentil sauce served with pasta and grated cheese. Fruit in natural juice	Beans and toast Fresh fruit
Tuesday	Choice of healthy cereal and dried fruit	Pilau fish served with salad Jelly with fruit	Vegetable soup with bread and butter Fresh fruit
Wednesday	Choice of healthy cereal and dried fruit	Beef and vegetable lasagne served with vegetables Cake and custard	Selection of sandwiches Fresh fruit
Thursday	Choice of healthy cereal and dried fruit	Roast chicken with roast potatoes, seasonal veg and Faiza's tasty gravy Yoghurt	Houmous and cheese tzatziki with crudités and pitta bread Fresh fruit
Friday	Choice of healthy cereal and dried fruit	Vegetable and butter bean stew with crusty bread. Ice cream	Chicken noodles and peas Fresh fruit

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Week 4

	Breakfast	Dinner	Tea
Monday	Choice of healthy cereal and dried fruit	Super healthy ratatouille served with basmati rice Fruit in natural Juice	Boiled eggs with toast and baked beans Fresh Fruit
Tuesday	Choice of healthy cereal and dried fruit	Cottage pie served with vegetables Yoghurt	Pizza baguettes with vegetable sticks Fresh fruit
Wednesday	Choice of healthy cereal and dried fruit	Mediterranean chicken and vegetable orzo Fruit salad	Spaghetti hoops with toast Fresh Fruit
Thursday	Choice of healthy cereal and dried fruit	Roast vegetable quiche with baby potatoes and crunchy vegetables Fruit crumble and custard	Vegetable soup with bread and butter Fresh fruit
Friday	Choice of healthy cereal and dried fruit	Ocean pie served with vegetables Ice cream	Selection of sandwiches Fresh fruit

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