Week 1-Winter

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Selection of cereal, porridge, or weetabix with a variety milks or water A selection of fresh berries and bananas** | | | | |
| **Morning snack** | **Apple & watermelon** | **Melon & raspberries** | **Pear & prange** | **Peach & pineapple** | **Strawberry & mango** |
| **Lunch** | **Cowboy casserole, with sausage, sweet potato, beans & tomatoes**  **2,14**  **Cowboy casserole with vegetarian sausages, sweet potato, beans & tomatoes**  **2,13,14** | **Chicken curry with brown rice & spinach**  **9,13**  **Tofu curry with brown rice & spinach**  **9,13,12** | **Macaroni cheese & peas**  **2,7** | **Shepherd’s pie with broccoli**  **2,13**  **Vegetarian mince shepherd’s pie with broccoli**  **2,13** | **Homemade salmon fishcakes, couscous, sauce & green beans**  **5,2**  **Cheese, onion & potato cake, couscous, sauce & green beans**  **7** |
| **Second course** | **Courgette cake & custard**  **2,7,13** | **Fruit crumble and cream**  **2,7,13** | **Raisin fairy cakes**  **2,7,14 7** | **Banana & homemade cocoa custard**  **7,13** | **Rice pudding and fresh fruit puree**  **7** |
| **Light**  **Afternoon snack** | **Served with Milk/Water (appropriate to age and dietary requirements)** | | | | |
| **Oatcake and homemade cucumber dip** | **Breadsticks and homemade hummus** | **Pitta and vegetable sticks** | **Toasted crumpets and fresh raspberries and cheese** | **Selection of fresh fruit**  **And breadstick** |
| **Tea** | **Mushroom and lentil carbonara with wholemeal pasta**  **2,7**  **Mushroom carbonara with wholemeal pasta**  **2,7** | **Fish fingers, homemade wedges and vegetables**  **5,2**  **Veggie fingers homemade wedges** | **Homemade pork mince in pastry and cucumber**  **2,14**  **Vegetarian sausage rolls & cucumber**  **2,13,14** | **Vegetable and bean soup with wholemeal bread roll**  **12,13,2** | **Spaghetti in homemade tomato and bean sauce on toast**  **2,13** |

Week 2-Winter

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Selection of cereal, porridge, or weetabix with a variety milks or water A selection of fresh berries and bananas** | | | | |
| **Morning snack** | **Melon & plum** | **Apple & pineapple** | **Pear & satsuma** | **Mango & Raspberries** | **Blueberries & Orange** |
| **Lunch** | **Cauliflower cheese, chickpea &**  **sweet potato gratin**  **2,7** | **Beef lasagne with carrots**  **2,7**  **Vegetable lasagne with lentils & carrots**  **2,7** | **Spanish chicken & brown rice with Mediterranean vegetables**  **Spanish tofu & brown rice with mediterranean vegetables**  **13,12,9** | **Salmon with new potatoes, green beans & parsley sauce**  **5,2,7**  **Quorn pieces with potatoes, green beans & parsley sauce**  **2,4,5,7** | **Pork & apple casserole with rice and broccoli**  **1,2,13**  **Tofu & apple casserole with rice & broccoli**  **1,2,13,12,9** |
| **Second course** | **Fruit Scones**  **2,7** | **Fruit Salad & Crème fraiche**  **7** | **Carrot Cake**  **4,2,14** | **Pear & Sultana Slice**  **2,14** | **Bakewell Tart**  **2,7** |
| **Light**  **Afternoon snack** | **Served with Milk/Water (appropriate to age and dietary requirements)** | | | | |
| **Wholemeal pitta with homemade mango dip and cheese sticks** | **Toasted crumpets with red pepper hummus** | **Oatcakes with a selection of fresh vegetables** | **Selection of fresh fruit, breadsticks and sour cream dip** | **Breadsticks homemade cucumber dip** |
| **Tea** | **Vegetable & bean pasta bake**  **2,7** | **Homemade chicken fingers & tomato dip with potato croquettes**  **2,7**  **Veggie nuggets, potato croquettes & homemade tomato dip**  **1,2,4,9,12,13** | **Homemade turkey pizza pinwheels**  **2,7,12**  **Homemade pinwheels pizza** | **Vegetable soup and pitta**  **1,2,4,7,** | **Jacket potatoes with tuna and cheese**  **1,2,4,7** |

Week 3-Winter

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Selection of cereal, porridge, or weetabix with a variety milks or water A selection of fresh berries and bananas** | | | | |
| **Morning snack** | **Mango & pineapple** | **Pear & orange** | **Satsuma & blueberries** | **Blackberries & apple** | **Raspberries & melon** |
| **Lunch** | **Cheese & tomato pasta bake, with lentils**  **2,7** | **Moussaka & cauliflower**  **2,7**  **Vegetable Moussaka & Cauliflower**  **2,7** | **Salmon & white fish pie and peas**  **2,5,7**  **Tofu Pie & peas**  **2,7,13,12,9** | **Chicken & broccoli wholemeal pasta bake**  **2,7**  **Quorn pieces & broccoli pasta bake**  **2,4,7** | **Chilli con carne with rice & courgette**  **Vegetarian chilli & rice, kidney beans & courgette**  **2,13** |
| **Second course** | **Fresh fruit and yogurt**  **7,13** | **Passion fruit fool**  **7** | **Orange & oat biscuits**  **2,4,14** | **Lemon cake & custard**  **2,7** | **Apple strudel & cream**  **2,7** |
| **Light**  **Afternoon snack** | **Served with Milk/Oat Milk (appropriate to age and dietary requirements)** | | | | |
| **Crackers with apple and cheese slices** | **Breadstick and homemade red pepper hummus** | **Warm pitta bread with homemade cucumber dip** | **Oatcakes with vegetable sticks** | **Fresh fruit platter and breadsticks** |
| **Tea** | **Homemade turkey goujons & vegetable chips**  **2,7**  **Tofu goujons & vegetable chips**  **2,7,13,9,12** | **Varied weekly**  **Tuna & cheese pastry melts with**  **Cucumber Sticks**  **2,5,7**  **Cheese & onion pastry melt & cheese & marmite twists**  **Cucumber sticks**  **2,7** | **Homemade bean and vegetable stew** | **Jacket potato with cheese & reduced sugar/salt beans**  **7** | **Homemade pizza & vegetable sticks:**   * **Chicken & peppers** * **Ham & Pineapple** * **Veg / onion**   **2,7** |

Week 4-Winter

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Selection of cereal, porridge, or weetabix with a variety milks or water A selection of fresh berries and bananas** | | | | |
| **Morning snack** | **Peach & blueberries** | **Mango & pear** | **Plum & satsuma** | **Strawberries & apple** | **Pineapples, blackberries and cheese cubes** |
| **Lunch** | **Butternut squash and chickpea tagine** | **Tuna Pasta bake with courgette**  **2,5,7**  **Quorn pasta bake with courgette**  **2,4,7** | **Chicken & leek pie with new potatoes and cabbage**  **2,7**  **Tofu & leek pie with new potatoes & cabbage**  **2,7,13,12,9** | **Turkey meatballs with rice, carrots and gravy**  **1,2,13**  **Vegetarian meatballs with rice, carrots & gravy**  **1,2,13** | **Spaghetti Bolognaise with mushrooms and cheese**  **2**  **Vegetable ragu with spaghetti**  **2** |
| **Second course** | **Bananas and custard**  **2,7** | **Crushed pineapple sundae with sprinkles**  **7** | **Date & apple slice with youghurt**  **2,14** | **Bread & butter pudding with custard**  **2,13,4,7,14** | **Sweet Potato Brownies**  **2,7** |
| **Light**  **Afternoon snack** | **Served with Milk/Water (appropriate to age and dietary requirements)** | | | | |
| **Fresh fruit platter** | **Cucumber and pitta bread** | **Fruit muffin** | **Breadstick with homemade cucumber dip** | **Oat cake and homemade hummus dip** |
| **Tea** | **Stuffed peppers with couscous, chickpeas and mixed vegetables in tomato sauce topped with cheese**  **Served with side salad**  **2** | **Shredded chicken**  **with bubble & squeak with gravy**  **Cheese & veg bubble & squeak with gravy**  **7** | **Veggie fingers &**  **cheesy garlic bread and broccoli**  **2,7** | **Homemade chicken and pesto pasta with veggies**  **Homemade pesto pasta with veggies** | **Varied Pastries:**   * **Tuna, Cheese & veg** * **Mince & Veg** * **Potato, chickpea & Leek** * **Cucumber sticks**   **2,7** |