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** |