

Autumn/Winter Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal & Toast				
Lunch	Mild Vegetable & Chickpea curry served with boiled rice 1	Spaghetti Bolognaise 1,2,7	Winter Vegetable Casserole served with Dumplings 1,2,7	Leek, Mushroom & Fish Risotto 1,2,5,7	Chicken & Vegetable Hotpot 7
Dessert	Yoghurt 7	Selection of Fresh Fruit	Greek Yoghurt 7	Fruit Salad	Smoothie
Tea	Homemade Tomato Soup & Foccacia 1,2,7	Cottage Cheese Bagels, Houmous & Vegetable Sticks 2,7	Homemade Mushroom & Broccoli Quiche 2,4,7	Vegetable Crumpet Pizza 2,7	Spinach & Sweetcorn Pinwheels with Vegetable sticks, Breadsticks & natural yoghurt 2,7

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal & Toast				
Lunch	Butternut Squash Mac and Cheese served with Broccoli & Sweetcorn 2,7	Fish Pie served with Peas 1,2,5,7	Butter Chicken served with Rice 7	Moroccan Lamb served with Cous Cous 1,2,14	Mild Vegan Chilli served with Rice 1,14
Dessert	Yoghurt 7	Selection of Fresh Fruit	Greek Yoghurt 7	Fruit Salad	Smoothie
Tea	Vegan Chilli & Baked Potatoes 1	Butternut Squash Pasta 1,2,7	Homemade Leek & Potato Soup served with Homemade Bread 1,2,4,7	Green Orzo Pasta 2,7	Omelette Muffins with Homemade Flat Bread 2,4,7

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereal & Toast				
Lunch	Chicken & Vegetable Paella 1,2,4,9,13	Vegetable & Cheese Pasta Bake 2,5,7,9	Salmon & Potato Fishcakes with Broccoli 3,4	Mild Vegetable Thai Curry & Rice 1,2,5,13	Winter Cottage Pie served with Peas 1,7
Dessert	Yoghurt 7	Selection of Fresh Fruit	Greek Yoghurt 7	Fruit Salad	Smoothie
Tea	Butternut Squash & Leek Muffins 2,4,7	Tuna and Sweetcorn Pin Wheels with vegetable sticks and natural yoghurt 2,4,5,7	Five Vegetable Pasta 1,2,7	Cream of Cauliflower Soup with wheaten bread 1,2,7	Bean and Salsa Quesadillas 2,7

Allergens Chart: 1- Celery 2- Cereals containing gluten 3- Crustaceans 4- Eggs 5- Fish 6- Lupin 7- Milk 8- Molluscs 9- Mustard 10 -Nuts 11- Peanut 12- Sesame Seeds 13- Soya 14- Sulphur Dioxide