

Winter Menu Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|---------------------------------------|--|--|---|---|
| Breakfast (7.30-9.30) | Whole Fruit and Cereal | Whole Fruit and Cereal | Whole Fruit and Cereal | Whole Fruit and Cereal | Whole Fruit and Cereal |
| Lunch (11.30) | Shepherd's Pie served with Sweetcorn | Roast Turkey with Roast Potatoes served with Peas | Creamy Pasta with Chicken and Butternut Squash served with Carrots | Beef Casserole with Dumplings served with Broccoli | Fish Fingers served with Potato Wedges and Peas |
| Special Diet Lunch (11.30) | Lentil Bake with Sweetcorn | Vegetable Roast with Roast Potatoes served with Peas | Broccoli and Sweet Potato Bake served with Carrots | Vegetable Casserole with Dumplings served with Broccoli | Cauliflower & Coconut Curry |
| Pudding | Banana | Lemon Sponge | Pineapple Slices | Fruit Salad | Spiced Sponge |
| Tea (15.30) | Butternut Squash and Butter Bean Stew | Jacket Potatoes served with Tuna Mayo and Sweetcorn | Mild Thai Turkey Curry | Mascarpone Pasta | Jamaican Vegetables |
| Special Diet Tea (15.30) | ----- | Jacket Potatoes served with Baked Beans | Vegetable Chilli | Vegetable Bean Pot | ----- |
| Pudding | Pineapple Slices | Watermelon Slices | Braised Apples | Orange Segments | Banana |
| Snack (17.00/17.30) | Cucumber Sticks | Corncakes | Naan Bread | Rice Cakes | Cheese Sticks |



Winter Menu Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|---|------------------------------------|--|--|--|
| Breakfast (7.30-9.30) | Whole Fruit and Cereal | Whole Fruit and Cereal | Whole Fruit and Cereal | Whole Fruit and Cereal | Whole Fruit and Cereal |
| Lunch (11.30) | Cottage Pie served with Peas | Tikka Turkey served with Rice | Mediterranean Fish served with Sweetcorn | Chicken Goujons served with Potato Wedges and Broccoli | Lamb Hot Pot with Dumplings served with Carrots |
| Special Diet Lunch (11.30) | Vegetarian Cottage Pie served with Peas | Mild Lentil Tikka served with Rice | Pineapple Quinoa served with Sweetcorn | Madras Potato Curry | Vegetable Hot Pot with Dumplings served with Carrots |
| Pudding | Apple | Pineapple Slices | Apple and Sultana Tray bake | Orange and Cinnamon Sponge | Peach Yoghurt |
| Tea (15.30) | Mini Jackets with Sweet Chicken | Whole Grain Tomato Pasta | Beef Chilli | Herby Tomato Turkey with Potatoes | Jacket Potatoes served with Tuna Mayo and Sweetcorn |
| Special Diet Tea (15.30) | Vegetable Chilli | Ratatouille with Gluten Free Pasta | Patatas Bravas | Lentil Dahl with Vegetables | Jacket Potatoes served with Baked Beans |
| Pudding | Melon Slices | Fruit Salad | Banana | Watermelon Slices | Poached Pears |
| Snack (17.00/17.30) | Cheese Sticks | Corn Cakes | Grissini Sticks | Wholemeal Pitta Bread | Rice Cakes |



Winter Menu Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|---|---------------------------------------|---|--------------------------------------|---|
| Breakfast (7.30-9.30) | Whole Fruit and Cereal | Whole Fruit and Cereal | Whole Fruit and Cereal | Whole Fruit and Cereal | Whole Fruit and Cereal |
| Lunch (11.30) | Roast Chicken with Roast Potatoes served with Carrots | Traditional Fish Pie served with Peas | Irish Stew with Dumplings served with Sweetcorn | Pasta Bolognese served with Broccoli | Butternut Squash and Chickpea Tagine served with Rice |
| Special Diet Lunch (11.30) | Vegetable Roast with Roast Potatoes served with Carrots | Lentil Bake served with Peas | Cajun Vegetables served with Sweetcorn | Quorn Bolognese served with Broccoli | ----- |
| Pudding | Pear | Orange Segments | Spiced Sponge | Apple and Sultana Tray bake | Lemon Sponge |
| Tea (15.30) | Scandinavian Beef Hash | Lemon Chicken with Orzo | Cauliflower and Chickpea Balti | Chilli Chicken with Crushed Potatoes | Lamb and Chickpea Stew |
| Special Diet Tea (15.30) | Bean Hash | Mexican Casserole | ----- | Quinoa Potato Stew | Lentil Dahl with Vegetables |
| Pudding | Fruit Salad | Pineapple Slices | Poached Peaches | Pineapple Slices | Banana |
| Snack (17.00/17.30) | Wholemeal Pitta Bread | Cheese Sticks | Carrot Sticks | Naan Bread | Cucumber |

