

# WINTER MENU

## Week 1

Water and milk are available throughout the day. Allergies and dietary requirements will need to be discussed individually. Children with dietary restrictions will have meals prepared according to their needs.

T= tomatoes S=soya E=egg F=fish  
C=celery W=wheat D=dairy  
B=barley O=oat cc=cereal  
containing gluten CT=crustaceans  
M=molluscs M=mustard  
SS=sesame seeds  
SD=sulfer dioxide L=lupin NA=no  
known allergens



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit
SNACK	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D
LUNCH	Tomato basil pasta or pesto penne pasta D W B T	Comforting jacket potatoes with a choice of cheese or baked beans and a side of broccoli D B T	Choice of Quorn or mince Shepherd's Pie with seasonal vegetables F D W B	Cottage pie served with mixed seasonal vegetables F W G C	A warming Chilli con Carne with rice, sour cream & chives W T
DESSERT	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous	Custard or Yoghurt
SNACK	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D
SUPPER	Breaded cod served with creamy mashed potatoes and peas W D E C	Traditional Thai Green curry with chicken served alongside rice W C M S	Vegetable balls served with spaghetti D W B T	Breaded chicken cutlets served alongside rice and mixed vegetables W E D	Oven-baked fish served with creamy sweet potato and carrot mash D F
DESSERT	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit

From time to time we may have to **substitute menu choices**. All food is prepared and cooked by our wonderful **onsite chefs Asimah and Daniele**. We make every effort to minimise or eliminate additives, preservatives and pre-processed ingredients and aim for organic when possible. We welcome any suggestions from parents, carers and staff to improve our menus. **Halal and Quorn** options are available daily.

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## Week 2

Water and milk are available throughout the day. Allergies and dietary requirements will need to be discussed individually. Children with dietary restrictions will have meals prepared according to their needs.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, warm porridge, toast, milk and fresh fruit
SNACK	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D
LUNCH	Tomato basil pasta or pesto penne pasta D W B T	Sweet and sour chicken with rice T	Italian meatballs served in marinara sauce with spaghetti W T C	Rustic Shepards Pie with mixed vegetables W T D C	Chicken pie with mixed vegetables D W T
DESSERT	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous	Custard or Yoghurt
SNACK	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D
SUPPER	Classic fish goujons with mashed potato and mixed vegetables F D W B	Comforting jacket potatoes with a choice of cheese or baked beans D B T	Breaded cod served with creamy mashed potatoes and peas W D E C	Baked chicken goujons with an array of dips served alongside carrot sticks and cucumber W E D	Crustless quiche served with vegetable batons W E T
DESSERT	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit

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