

Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal & Whole Milk Toast & Preserves	Cereal & Whole Milk Toast & Preserves	Cereal & Whole Milk Toast & Preserves	Cereal & Whole Milk Toast & Preserves	Cereal & Whole Milk Toast & Preserves
AM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Main Meal	Cheese, Bean and Potato Bake	Morrocان Lamb CousCous	Hidden Vegetable Spaghetti bolognese	Roast Chicken, Potatoes, mixed veg, gravy and a yorkshire pudding	Salmon, Mash potato and Carrots
Vegetarian		Morrocان Vegetable CousCous	Hidden Vegetable Quorn Spaghetti bolognese	Roast Quorn Chicken, Potatoes, mixed veg, gravy and a yorkshire pudding	Quorn "Chicken Nuggets" mash potato and carrots
Dessert	Banana and Custard	Bread and Butter Pudding	Raspberry jelly with Peach Slices	Adventures Bake and Stewed fruit	Banana Angel Delight
PM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Tea	Bagels with cream cheese and pepper sticks	Toasted tea cakes served with apple slices	Crumpets with cucumber and pepper sticks	English muffins served with grated cheese and cherry tomatoes	Homemade sausage rolls and apple slices