

Autumn / Winter Menu 2022

All of our lunches are served with seasonal vegetables or fresh salad/Vegetarian option is always available/Cold sandwiches are always available/Fresh milk or water is always available throughout the day. **Breakfast is a variety of cereals, porridge, or fruit loaf with milk and water.** Breakfast provides 15% of a child's nutritional daily requirements, Lunch provides 30% of a child's nutritional daily requirements, Tea provides 25% of a child's nutritional daily requirements and Snack provides 10% of a child's nutritional daily requirements.

Week 1

Monday

Lunch- Macaroni Cheese **Tea-** Pitta & Hoummos **Snack-** Potato cake
pudding - Fruit cocktail **pudding -** Vegetable

Tuesday

Lunch- Spanish chicken & Rice **Tea-** Cheese Muffins **Snack-** Breadsticks
pudding - Bananas and custard **pudding -** fresh fruit

Wednesday

Lunch- Cottage Bake **Tea-** Tuna Wraps **Snack-** Crumpets
pudding - Cheese & Biscuits **pudding -** vegetable sticks

Thursday

Lunch- Tomato & Bean Pasta Bake **Tea-** mini Pizza **Snack-** Rice Cake
pudding - fruit & yoghurt **pudding -** fresh fruit

Friday

Lunch- Fish Fingers, Wedges & Peas **Tea-** Assorted sandwiches **Snack- fruit**
pudding - Rice Pudding **pudding -** fresh

Week 2

Monday

Lunch- Vegetable Biryani **Tea-** Tomato Soup **Snack-** Breadstick
pudding - Apple & Custard **pudding -** Vegetable sticks

Tuesday

Lunch- Chicken sweetcorn Pasta **Tea-** Cream Cheese Bagel **Snack-** Fruit
pudding - Banana **pudding -** Fresh fruit

Wednesday

Lunch- Beef Tagine & Couscous **Tea-** Cheese Pitta **Snack-** Tea Cake
pudding - Rice Pudding **pudding -** Vegetable sticks

Thursday

Lunch- Fish Pie **Tea-** Baked beans on toast **Snack-** potato cake
pudding - Melon Wedge **pudding -** Fresh fruit

Friday

Lunch- Ham & Mushroom Pasta **Tea-** Assorted Sandwiches **Snack-** Rice Cake
pudding - Cheese & Cracker **pudding -** Fresh Fruit



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Monday

Week 3

Lunch- Lentil Curry & Rice **Tea-** Tomato Pasta **Snack-** Breadsticks
pudding – Cheese & Biscuits **pudding –** Vegetable Sticks

Tuesday

Lunch- Sausage Casserole **Tea-** Savoury Muffins **Snack-** Crumpets
pudding – Yoghurt & Fruit **pudding -** fresh fruit

Wednesday

Lunch- Pasta Bolognese **Tea-** Carrot & Coriander Soup **Snack-** potato cake
pudding – Rice Pudding **pudding -** fresh fruit

Thursday

Lunch- Veggie Balls in Gravy with Potato & Peas **Tea-** Cheese Pitta **Snack-** Fruit
pudding – Bananas & Custard **pudding –** Vegetable Sticks

Friday

Lunch- Tuna Pasta Bake **Tea-** Assorted Sandwiches **Snack-** Rice Cakes
pudding – Apple Slices **pudding -** fresh fruit

Monday

Week 4

Lunch- Vegetable Casserole **Tea-** Savoury Rice **Snack-** potato cake
pudding – Fruit Cocktail **pudding –** Vegetable Sticks

Tuesday

Lunch- Chilli ConCarne & Rice **Tea-** Cheesy Tuna Melt **Snack-** Crackers
pudding – Banana & Custard **pudding -** fresh fruit

Wednesday

Lunch- Fishy Pea Pasta **Tea-** Cheese Scone **Snack-** Breadstick
pudding – Rice Pudding **pudding -** fresh fruit

Thursday

Lunch- Chicken Curry & Rice **Tea-** Sweet Potato Muffins **Snack-** Fruit
pudding – Fruit yoghurt **pudding -** Vegetable Sticks

Friday

Lunch- Sausage, Wedges & Beans **Tea-** Assorted Sandwiches **Snack-** Crumpet
pudding – Melon Wedge **pudding -** fresh Fruit