



### Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Mozzarella and Vegetable Pasta Bake	Butternut squash and chickpea tagine	Chicken Stir fry V- Tofu Stir fry	Lamb Hot Pot with green vegetables V- Mixed Bean hot pot	Baked sweet potato fish cakes with mixed green vegetables V- Kale and Quinoa patties
Dessert	Fresh Melon	Seasonal poached fruit with natural yogurt	Homemade bread and butter pudding	Seasonal fresh fruit salad	Homemade oat apple crumble with ice cream
Afternoon Snack	Rice cakes with cream cheese and vegetable sticks				
Tea	Jacket Potato's with tuna mayonnaise, beans or cheese	Homemade chicken goujons with sweet potato wedges and peas V- Vegetable Falafels	Macaroni Cheese with vegetable sticks	Chicken and Vegetable Tray Bake V- Tofu and vegetable tray bake	Vegetable burgers with grated carrot
Evening Snack	Warm Milk and a selection of freshly chopped fruit				

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Pork Stir-fry V- Tofu Stir fry	Chicken and leek pie with broccoli V- Mushroom Wellington	Beef Spaghetti Bolognese with grated carrot. V- Lentil Bolognese	Turkey Sausages with courgettes and mash potatoes V- Vegetarian sausages	Chicken and Tomato curry with sweet potato V- Vegetable curry
Dessert	Baked Apple with sultanas	Carrot and banana tray bake	Fresh Melon	Homemade fruit jelly	Rice Pudding with homemade fruit compote
Afternoon Snack	Rice cakes with cream cheese and vegetable sticks				
Tea	Baked salmon with tomato's, crushed new potato's and sweet corn V- Squash and lentil salad	Vegetable and Chickpea Tagine	Homemade pizza with chicken and sweet corn topping with vegetable sticks V- Vegetable pizza	Chunky vegetable soup with crusty bread	Meatballs with spaghetti V- Broccoli and green pea pasta shells
Evening Snack	Warm Milk and a selection of freshly chopped fruit				



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Mackerel Pasta Bake with sweet corn V- spinach and pepper frittata	Turkey meatballs with quinoa V-Quorn meatballs	Chicken and pea Risotto V- Pea risotto	Chilli Con Carne with wholegrain rice and natural yoghurt V- Vegetarian Chilli	Chicken casserole with new potatoes and carrots V- Vegetable stew
Dessert	Homemade oat apple crumble with ice cream	Homemade bread and butter pudding	Seasonal poached fruit with natural yogurt	Fresh Melon	Seasonal fresh fruit salad
Afternoon Snack	Rice cakes with cream cheese, vegetable sticks				
Tea	Chicken and Vegetable Tray Bake V- Tofu and vegetable tray bake	Macaroni Cheese with vegetable sticks	Baked cod with tomato crust and vegetable sticks V- Squash and lentil salad	Jacket Potato's with tuna mayonnaise, beans or cheese	Tomato soup with bread and butter
Evening Snack	Warm Milk and a selection of freshly chopped fruit				

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Beef and carrot pie V- Mushroom Wellington	Sweet and Sour chicken with rice and peppers V- Crispy baked tofu	Fish Pie with broccoli V- Leek, pea and cabbage pie	Roast Chicken with roast potatoes, carrot mash and gravy V- Roasted cauliflower	Beef Lasagne with peas V- Vegetable lasagne
Dessert	Carrot and Banana Tray Bake	Fresh Melon	Homemade fruit jelly	Rice Pudding with homemade fruit compote	Baked Apple with sultanas
Afternoon Snack	Rice cakes with cream cheese, vegetable sticks				
Tea	Homemade pizza with chicken and sweet corn topping with vegetable sticks V- Vegetarian pizza	Meatballs with fruity couscous and chopped tomatoes V- tempeh with cous cous	Vegetable and Chickpea Tagine	Cauliflower & Broccoli pasta	Homemade chicken goujons with sweet potato wedges and peas V- vegetable falafels
Evening Snack	Warm Milk and a selection of freshly chopped fruit				