

Winter Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals paired with juicy, sun-ripened apples and pears.	Golden, toasted crumpets topped with smooth Dairylea cheese spread and juicy clementines or oranges.	Warmed croissants with blueberries and bananas.	Warm serving of hearty baked beans and soft wholemeal muffins, finished with a side of fresh, vibrant peaches and plums.	Sliced brioche loaf with a medley of berries.
Morning Snack	Organix rice cakes and sugar snap peas	Pineapple and sweet clementines	Fruit loaf served with sliced bananas	Melon medley – watermelon, honeydew and cantaloupe	Crispy wholemeal pitta fingers served with cool, creamy tzatziki and tangy Mediterranean green olives.
Lunch	Wholesome Vegetable Pasta with onion, mushroom, aubergine and butter beans in an aromatic tomato and garlic sauce. Blueberries and Galia melon	Roast Chicken or Spinach and Ricotta Parcels served with roast potatoes, mixed floret vegetables, Yorkshire puddings with vegetable gravy. Jam sponge pudding with homemade custard	Homemade Mixed Fish pie or Mixed bean and Vegetable pie topped with mash potato and served with peas and sweetcorn. Selection of melon slices	Lamb, Spinach & Red Lentil Curry or Sweet Potato, Red Lentil and Spinach Curry A spiced curry served with fluffy white rice and warm naan bread. Natural yoghurt with peach compote	Classic Beef or Vegemince cottage pie with onions, carrots and peas served with cauliflower florets. A platter of sliced pears and plums
Afternoon Snack	Sliced peaches and pears	A platter of crackers, cheese and cucumber slices	Fresh plums and apple slices	Cheesy, flaky twists served with colourful pepper sticks.	A selection of grapes and blueberries
Tea	Hearty Carrot, Sweet Potato & Lentil Soup Accompanied by wholemeal bread. Sliced bananas and pineapple	Assorted Sandwiches Egg mayo and cheese spread with vegetable sticks and pom bears. Winter fruit salad	Mini English Pizza Muffins Topped with mixed peppers and green olives. Purple grapes and mango fingers	Sizzling Chicken or Mixed Bean and Red Pepper Fajitas Served with a sweetcorn salad and tzatziki. Apples and satsumas	Macaroni cheese cooked in a white sauce with white mushrooms. Homemade carrot muffins

