

# Winter Menu - Week 2

	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	<b>Chicken or Vegetable Sausage Casserole</b> – with root vegetables and homemade dumplings.  <b>Fresh Apricot Crumble with Oat Topping</b>	<b>Beef and mushroom or Mixed vegetable and mushroom stroganoff</b> Served with white rice.  <b>Pear and Mango slices</b>	<b>Roast Lamb Mince or Chickpea and Vegetable Tartlets</b> – Served with roast potatoes, frozen carrots and peas and vegetable gravy.  Natural yoghurt with raspberry puree	<b>Tuna and sweetcorn or mixed beans and sweetcorn pasta bake</b> – cooked in a white béchamel sauce.  <b>Bananas and plums</b>	<b>Vegetable Gnocchi with wholemeal bread</b> – packed with brown onion, peppers, spinach, red lentils and fresh basil.  <b>Satsumas and Galia melon</b>
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	<b>Lamb/Vegetable Biryani</b> Accompanied by raita dip.  <b>Green grapes and strawberries</b>	<b>Baked potatoes</b> Served with grated cheese, sweetcorn and baked beans. <b>Watermelon slices and peaches</b>	<b>Tomato, red lentil and basil soup</b> Served with part baked baguette.  <b>Homemade cherry cake</b>	<b>Stir fry vegetable chow mein</b> Served with vegetable spring rolls.  <b>Fresh fruit salad</b>	<b>Cream Cheese and Cucumber Bagels</b> Paired with carrot sticks and olives.  <b>Pineapple chunks and apples</b>

