

Winter Menu - Week 3

	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	Fragrant Vegetable Dhansak – A hearty and wholesome dish with sweet potatoes, carrots, and lentils, simmered in aromatic spices and served with fluffy brown rice. Honeydew melon and Plums	Homemade Lamb or Meat Free Mince Shepherd's pie – with onion, carrots and peas topped with creamy dauphinoise potatoes, served with green cabbage. Peach and Grapes	Beef or Vegetable Lasagne – served with garlic bread and a side of cauliflower. Raspberries and pears	Roast Chicken or Portobello mushroom topped with cheese and tomato – Served with roast potatoes, winter vegetables and vegetable gravy. Brioche and Butter Pudding	Salmon fishcakes or Potato and Mushroom cakes – with vegetable floret mix and parsley butter sauce. Apples and Watermelon slices
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	Vegetable Egg Frittata Side of baked beans. Sweet clementines and apples	Chicken Shish or Moroccan falafels Served with warmed flatbreads, mayo garlic dip and crisp and colourful winter salad. Homemade Jelly with mixed berries	Warm Roasted Vegetable Harvest Couscous Salad A refreshing dish with chickpeas, red onion, cucumber, squeezed in lemon juice. Pineapple and strawberries	Homemade Broccoli Soup Served with wholemeal rolls Oranges and Mango slices	Cheese and Tomato Pizzas Loaded with olives and lettuce. Greek style yoghurt with bananas

