

Winter Menu - Week 4

	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	Crispy Breaded Haddock or Spinach and Ricotta Tartlets Served with roasted new potatoes, garden peas, and homemade tartare sauce. Natural yoghurt with strawberry compote	Mixed Bean Enchiladas served with green vegetables. Apples and Honeydew melon	Garlic, Mushroom and Chicken or Garlic, Butter Bean and Mushroom Tagliatelle served with broccoli florets. Seasonal fruit salad	Moroccan Lamb or Vegetable and chickpea stew Served with couscous and green beans. Grapes and Pineapple	Roast Beef Mince or Mushroom Wellington – with roast potatoes, frozen mixed vegetables, Yorkshire puddings and vegetable gravy. Banana, Raisin and Butterscotch pudding
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	Assorted Pitta Pockets A mix of chicken slices, egg mayo and cheese served with fresh lettuce and cucumber quarters. Mango fingers and Galia melon	Red lentil and Vegetable soup Served with onion and chive twists. Raspberries and Strawberries	Fish or Vegetable fingers With potato wedges and mushy peas. Blueberries and sweet clementines	Homemade Cauliflower cheese served in a white sauce. Homemade lemon cake	Vegetable tomato pasta Packed with onion, courgettes and tinned beans. Cantaloupe melon and pears

