

Autumn / Winter Week one



	Breakfast	Pick and mix snack	lunch	pick and mix snack	Teatime
	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday	A selection of breakfast Cereals G toast G/S Drinks- milk and water M	A choice of breadsticks crackers or rice cakes houmous cream cheese cheese sticks fresh fruit M/S/G/Ss/M Drinks- Milk and water M	Shepherds pie G/S Country mixed vegetables Rice pudding and rasins M	A choice of breadsticks crackers or rice cakes houmous cream cheese cheese sticks fresh fruit M/S/G/Ss/M Drinks- Milk and water M	selection of sandwiches with a vairyety of fillings W/S/M/C Rainbow vegetables
Tuesday			chick pea and vegetable curry with rice SS Fruit yoghurt M		houmous with pitta bread W/SS Rainbow vegetables
Wednesday			chilli and pasta SS, G Fresh fruit		selection of sandwiches with a vairyety of fillings W/S/M/C Rainbow vegetables
Thursday			poached chicken with roast potatoes, peas and carrots G,S greek yoghurt with honey N/M		spaghetti on toast or Crumpets W/S/M/C Rainbow vegetables
Friday			fish fingers with new potatoes and baked beans F, W fruit compot and custard M		selection of sandwiches with a vairyety of fillings W/S/M/C Rainbow vegetables

Key to Allergens: C-Celery, G-cereals containing gulten, Cr- crustaceans, F- fish, L-lupin, M-milk, Mo- molluscs, Mu- mustard, N-nuts, P-peanuts, SS-Sesame seeds, S-Soya, Sd-Sulphur dioxide.

Alternatives are available for children with dietary requirements.

	Breakfast	Pick and mix snack	lunch	pick and mix snack	Teatime
	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday			Puree butternut squash		Apple puree
Tuesday			mixed vegetable puree		banana puree
Wednesday			carrot puree		fruit puree
Thursday			vegetable puree		apple puree
Friday			vegetable puree		Fruit puree

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	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday	A selection of breakfast Cereals G toast G/S Drinks- milk and water M	A choice of breadsticks crackers or rice cakes houmous cream cheese cheese sticks fresh fruit M/S/G/Ss/M Drinks- Milk and water M	spaghetti bolognese Garlic bread G/ M/S fromage frais M	A choice of breadsticks crackers or rice cakes houmous cream cheese cheese sticks fresh fruit M/S/G/Ss/M Drinks- Milk and water M	selection of sandwiches with a vairyty of fillings W/S/M/C Rainbow vegetables
Tuesday			spanish chicken with rice S/G fruit crumble and yoghurt G/S/M/N/S		couscous and wraps W Rainbow vegetables
Wednesday			mixed bean casserole with potato wedges W rice pudding with rasins M		selection of sandwiches with a vairyty of fillings W/S/M/C Rainbow vegetables
Thursday			poached chicken, vegetable mash with peas and carrots G/S fruit yoghurt M		raviolli on toast W/S Rainbow vegetables
Friday			tuna and pasta bake, peas and sweetcorn G/S Apple custard M		selection of sandwiches with a vairyty of fillings W/S/M/C Rainbow vegetables

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	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday			mixed vegetable puree		fruit puree
Tuesday			vegetable puree		apple puree
Wednesday			carrot puree		fruit puree
Thursday			carrot and swede puree		banana puree
Friday			vegetable puree		Fruit puree

Autumn / Winter Week Three



	Breakfast	Pick and mix snack	lunch	pick and mix snack	Teatime
	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday	A selection of breakfast Cereals G toast G/S Drinks- milk and water M	A choice of breadsticks crackers or rice cakes houmous cream cheese cheese sticks fresh fruit M/S/G/Ss/M Drinks- Milk and water M	chicken and sweet potato curry with naan bread and rice G/ M/S/ SS fruit with ice cream M	A choice of breadsticks crackers or rice cakes houmous cream cheese cheese sticks fresh fruit M/S/G/Ss/M Drinks- Milk and water M	selection of sandwiches with a vairyety of fillings W/S/M/C Rainbow vegetables
Tuesday			pasta bolognese S/G fresh fruit		beans on toast or crumpets G/S/M Rainbow vegetables
Wednesday			pork and apple casserole with boiled potatos, brocoili and califlour G/S greek yoghurt M/N		selection of sandwiches with a vairyety of fillings W/S/M/C Rainbow vegetables
Thursday			vegetable and bean pie country mixed vegetables G/S fruit yoghurt M		savory rice with chicken and pittas M/G Rainbow vegetables
Friday			fish fingers, new potatoes and speghetti G/F semolina and fruit M		selection of sandwiches with a vairyety of fillings W/S/M/C Rainbow vegetables

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	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday			sweet potato puree		fruit puree
Tuesday			mixed vegetable puree		banana puree
Wednesday			vegetable puree		apple puree
Thursday			sweet potato puree		fruit puree
Friday			vegetable puree		Fruit puree

Autumn / Winter Week Four



	Breakfast	Pick and mix snack	lunch	pick and mix snack	Teatime
	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday	A selection of breakfast cereals G toast G/S Drinks- milk and water M	A choice of breadsticks crackers or rice cakes houmous cream cheese cheese sticks fresh fruit M/S/G/Ss/M Drinks- Milk and water M	lasagne with peas and sweetcorn G/ M/S/ F strawberry whip M	A choice of breadsticks crackers or rice cakes houmous cream cheese cheese sticks fresh fruit M/S/G/Ss/M Drinks- Milk and water M	selection of sandwiches with a variety of fillings W/S/M/C Rainbow vegetables
Tuesday			poached chicken and vegetable crush with mixed vegetables W/S/M fruit crumble and custard E/G/M/N		soup and rolls G/S/M/C Rainbow vegetables
Wednesday			root vegetable and mixed bean stew with rice G/S carrot cake E/G/M		selection of sandwiches with a variety of fillings W/S/M/C Rainbow vegetables
Thursday			BBQ chicken and potato wedges G/S/SS/SU fruit yoghurt M		pizza with salad M/G/S Rainbow vegetables
Friday			fish cakes, new potatoes and spaghetti G/F jelly and dairy ice cream M/N		selection of sandwiches with a variety of fillings W/S/M/C Rainbow vegetables

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	7.30am-8.45am	10.00am-10.20am	11.15am-12.00pm	2.40pm-3.00pm	4.00pm-4.45pm
Monday			vegetable puree		fruit pots
Tuesday			carrot and swede puree		fruit puree
Wednesday			parsnip puree		apple puree
Thursday			mixed vegetable puree		mixed fruit puree
Friday			parsnip puree		Fruit puree