

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
Tuesday			chick pea and vegetable curry with rice SS Fruit yoghurt M		houmous with pitta bread W/SS
Wednesday			poached chicken with roast potatoes, peas and carrots G,S greek yoghurt with honey N/M		selection of sandwiches with a vairyety of fillings W/S/M/C
Thursday			Chilli & Pasta G/S M/N Fruit G/E/M/S/N		spaghetti on toast or Crumpets W/S/M/C
Friday			fish fingers with Mash and baked beans F, W fruit compot and custard M		selection of sandwiches with a vairyety of fillings W/S/M/C

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

Please note that the above menus can change subject to the availablilty of produce

Autumn/ winter Week two



	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	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 vairyety 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 vairyety 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			Fish cakes, mash & spaghetti G/M/F Apple custard 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			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

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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	Chilli & potato wedges G/S 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			Chicken & sweet potato curry, rice Naan breads G/S/SS Greek yoghurt M/N		beans on toast or crumpets G/S/M Rainbow vegetables
Wednesday			Chicken Casserole, mash & veg G/S Bananas & custard M		selection of sandwiches with a vairyety of fillings W/S/M/C Rainbow vegetables
Thursday			Spicy butternut squash, pasta 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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Alternatives are available for children with dietary requirements

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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

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Autumn/ winter Week four



	Breakfast 7.30am-8.45am	Pick and mix snack 10.00am-10.20am	lunch 11.15am-12.00pm	pick and mix snack 2.40pm-3.00pm	Teatime 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	Root vegetable curry F/M/G/S 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 roast potatoes with mixed vegetables W/S/M fruit crumble and custard E/G/M/N		soup and rolls G/S/M/C Rainbow vegetables
Wednesday			Chilli & pasta 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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	Breakfast 7.30am-8.45am	Pick and mix snack 10.00am-10.20am	lunch 11.15am-12.00pm	pick and mix snack 2.40pm-3.00pm	Teatime 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

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