**Autumn/Winter Menu Week (1)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **7.45 – 8.45**  (Please see chef for allergen information) | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, |
| **Morning Snack**  **10.30 am**  **Afternoon Snack**  **2.30 pm** | Selection of fresh fruit, vegetables, bread sticks, crackers  served with fresh milk | Selection of fresh fruit, vegetables, bread sticks, crackers  served with fresh milk | Selection of fresh fruit, vegetables, bread sticks, crackers  served with fresh milk | Selection of fresh fruit, vegetables, bread sticks, crackers  served with fresh milk | Selection of fresh fruit, vegetables, bread sticks, crackers  served with fresh milk |
| **Lunch**  **11.30/12.00** | Warming Sweet Potato and Chickpea Curry served with White Rice and Naan Bread | Chicken and Vegetable Pie Served with Steamed Broccoli | Rich tomato Spaghetti with Meatballs served with steamed Garden peas | Fish and vegetable stew served with baby potato and French beans | Mashed potato with spinach, garlic, and cheese Pie with Steamed Mixed vegetables |
| **Vegetarian** | Same as above | Quorn Chicken | Quorn meatballs | Vegetable stew | Same as above |
| **Vegan** | Same as above | Same as above | Same as above | Same as above | Same as above |
| **Dessert** | Peach and natural yogurt | Homemade Buckwheat cookies | Fruit yogurt | Fresh pineapple and melon | Homemade orange cake |
| **Tea**  **4.00 pm** | Pitta Bread filled with Creamy Cheese and turkey Slices served with Vegetable Sticks and Hummus | Creamy Tomato Soup Served with Crusty Bread Rolls | Jacket potato with a selection of toppings | Scrambled Eggs on Whole-meal Toast Served with Cherry Tomatoes | Bagels with a Selection of Fillings and green Salads |
| **Dessert** | Homemade banana cake | Greek Yoghurt with honey | Mixed Melon Slices | Greek Yoghurt with Fruit | Fresh fruits salad |

**Autumn/Winter Menu Week (2)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **7.45 – 8.45**  (Please see chef for allergen information) | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, |
| **Morning snack**  **10.30 am.**  **Afternoon snack**  **3.00 pm** | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. |
| **Lunch**  **11.30/12.00** | Vegetables and sweet potato curry served with rice and naan bread | Spaghetti Bolognese served with broccoli trees and Garlic Bread | Fish Pie served with Steamed Garden Peas and Carrots | Roast chicken with roast potatoes and steamed mixed vegetables and gravy. | Jacket Potatoes Served with Baked Beans Cheese and Vegetable Sticks |
| **Vegetarian** | Same as above | Vegetable Spaghetti Bolognese | Omit Fish | Quorn chicken | Same as above |
| **Vegan** | Same as above | Same as above | Same as above | Same as above | Same as above |
| **Dessert** | Homemade blueberry cupcake | Sleepy Peach, Cherry, and Goji Crumble | Natural Yogurt and fresh strawberry | Homemade Rice Pudding with Cinnamon | Homemade French fruit tart |
| **Tea**  **4.00 pm** | Tortilla wraps with assorted fillings Served with Vegetable Sticks and hummus | Omelette and Spaghetti Hoops Served with Buttered Wholemeal Bread and Cucumber Sticks | Red Lentil and Tomato Soup Served with Buttered Home-Made Bread | Toasted and buttered Home-Made Fruit Loaf Served with Soft Cheese, Vegetable Sticks and Hummus | Homemade cheese and tomato pizza |
| **Dessert** | Banana and pear | Homemade shortbread biscuits | Raspberry sugar-free jelly | Natural Yogurt and Honey | Pineapple slices |

**Autumn/Winter Menu Week (3)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **7.45 – 8.45**  (Please see chef for allergen information) | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, |
| **Morning snack**  **10.30 am.**  **Afternoon snack**  **3.00 pm** | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. |
| **Lunch**  **11.30/12.00** | Joll of Rice served with roasted mixed vegetables | | Tandoori Chicken Served with White Rice, Chapati, and steamed Vegetables | Homemade fish cake served with New Potatoes, French Beans, and Parsley Sauce | Macaroni cheese with a side of homemade dairy-free garlic bread with cucumber and carrot | Roast Vegetables Couscous and Chickpeas Curry with steamed.  Broccoli &Colliflower |
| **Vegetarian** | Same as above | | Tandoori veggies | Quorn Fish | Same as above | Same as above |
| **Vegan** | Same as above | | Same as above | Same as above | Pasta Spirals &  in Tomato Sauce | Same as above |
| **Dessert** | Cinnamon and Raisins Rice Pudding | | Greek Yoghurt  With apple slices | Custard and Bananas | Natural Yogurt with Honey | Fruit Jelly |
| **Tea**  **4.00 pm** | Tuna Mayonnaise and Cream Cheese Bagel with Cucumber & | | Bean and vegetable enchiladas | Mixed Vegetable Soup Served with Buttered Homemade Date Bread | Selection of homemade sandwiches with carrot and cucumber | Homemade Pizza  Served with  Green Salads |
| **Dessert** | Fruit Yogurt | | Mixed Melon Slices | Fairy Cake | Natural Yogurt with  Fresh fruit | Homemade Muffin Cake |

**Autumn/Winter Menu Week (4)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **7.45 – 8.45**  (Please see chef for allergen information) | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, |
| **Morning snack**  **10.30 am.**  **Afternoon snack**  **3.00 pm** | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. |
| **Lunch**  **11.30/12.00** | Homemade Golden Fish Fingers Oven Chips, Served with Steamed Vegetables and Vegetable Gravy | Chicken and Butternut Squash Curry Served with White Rice  & Green Salad | Jacket Potato with Grated Cheese, Tuna Mayonnaise, or Baked Beans Served with Green Salad | Beef and Mushroom Stroganoff and Creamy Mashed Potato Served with Steamed Mixed Vegetables | Primavera pasta served with garlic bread and green salad |
| **Vegetarian** | Vegetable Fingers | Quorn Chicken | Same as above | Quorn Meat | Same as above |
| **Vegan** | Same as above | Same as above | Same as above | Same as above | Same as above |
| **Dessert** | Greek Yoghurt with Banana | Fruit Jelly | Pears With reduced Sugar Custard | Fruit Crumble | Greek Yogurt with Pears |
| **Tea**  **4.00 pm** | Tuna Pasta and Sweet Corn Served  with Green Salad | Creamy Pumpkin Soup Served with Buttered Home-Made Bread | Vegetable Soup Served with Buttered Homemade Date Bread | Reduced Sugar Baked Beans & Grated Cheese on Toast | Selection of Fillings Wraps Served with Cucumber Sticks |
| **Dessert** | Pineapple slices | Fruit Salad | Natural Yogurt with  Fresh fruit | Homemade Pancakes | Fruit Yogurt |

**Autumn/Winter Menu Week (5)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **7.45 – 8.45**  (Please see chef for allergen information) | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, | Selection of wholegrain cereals with milk, toast with butter, a variety of toppings of fresh fruits, |
| **Morning snack**  **10.30 am.**  **Afternoon snack**  **3.00 pm** | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackers  served with fresh milk. |
| **Lunch**  **11.30/12.00** | Chicken and Borlotti Bean Casserole served with White Rice and Steamed Baby Carrots | Pasta baked with Sweet Corn served with Steamed Cauliflower and Broccoli | Fish Stir fry with vegetables and noodles | Thai chicken curry served with rice & and cucumber wheels | Homemade mini beef burgers served with sweet potato fries and lettuce |
| **Vegetarian** | Vegetable Fingers | Same as above | Same as above | Quorn Chicken | Quorn mince |
| **Vegan** | Same as above | Same as above | Same as above | Same as above | Same as above |
| **Dessert** | Greek Yoghurt with Banana | Cinnamon and Raisins Rice Pudding | Pears With reduced Sugar Custard | Sleepy Peach, Cherry, and Goji Crumble | Fruit Jelly |
| **Tea**  **4.00 pm** | Pitta pockets with tomatoes, cucumber, and lettuce | Carrot and Coriander Soup Served with Buttered Brown Bread | Oat and banana pancake bites with scrambled eggs and cream cheese | Tuna Mayonnaise and Cream Cheese Bagel with Cucumber & Carrot Sticks | Homemade chicken noodle soup & bread |
| **Dessert** | Raspberry sugar-free jelly | Pineapple slices | Fruit Yogurt | Fruit Salad | Natural Yogurt with  Fresh fruit |

**WEANING STAGES:**

* Stage 1 – Approx. 6 Months Single Puree
* Stage 2 – 6-9 Months Mixed Foods Courser Textures Minced/Mashed and Soft Finger Foods
* Stage 3 - Mixed Foods Minced/Chopped Harder Finger Foods.

\*\*\* All dietary requirements are catered for: Vegetarian / Vegan / Halal /dairy-free / lactose-free / gluten-free

\*\*\* Fresh Water is always available throughout the day.

**Breakfast:**

Selection of cereals: Weetabix, corn flakes, Shreddies, bran flakes, shredded wheat. And Rice Crispies.

**Toast:** Wholemeal

**Fruit** – Variety of fresh fruit

**Butter:** Butter Spread (contains no dairy)

**Yogurt:** Natural yogurt to be available & and dairy-free natural yogurt

**Selection of Milk** – cows, goat, oat, soy, almond, coconut, rice …. etc.

**Water:** is available to children throughout the day.

**Snacks:**

Variety of fresh fruit and vegetable sticks, Cream Crackers, Bread Sticks, Rice Cakes, and Oat Cake.

A picture containing text, clipart

Description automatically generatedWater and selection of Milk

All Menus are Subject to Change, According to Seasonality and Availability