**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, crackersserved with fresh milk  | Selection of fresh fruit, vegetables, bread sticks, crackersserved with fresh milk  | Selection of fresh fruit, vegetables, bread sticks, crackersserved with fresh milk  | Selection of fresh fruit, vegetables, bread sticks, crackersserved with fresh milk  | Selection of fresh fruit, vegetables, bread sticks, crackersserved 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 crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved 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 crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved 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 YoghurtWith 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 PizzaServed withGreen 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 crackersserved with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk. | Selection of fresh fruit, vegetables, bread sticks, and crackersserved 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 Servedwith 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 crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved with fresh milk.  | Selection of fresh fruit, vegetables, bread sticks, and crackersserved 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 withFresh 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.

Water and selection of Milk

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