



Winter Menu 2020 One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.30 - 8.30	Weetabix Shreddies Natural Yogurt with Sliced Banana and Bagel	Weetabix Shreddies Home-made Porridge with Homemade Apple Puree boiled Egg and Granary Toast	Weetabix Shreddies Home-made Porridge with Raspberry Puree Scrambled Eggs on Granary Toast	Weetabix, Shreddies Home-made, Porridge with Cinnamon, Omelette with Granary Toast	Weetabix Shreddies Home-made Porridge with Home made Dates puree Toast
Snack 9:30 - 10:00	Bread Stick & Avocado with Cheese	Dates puree with Rice Crackers	Cheddar Bites with Cucumber & Carrot Stick	Natural Yogurt with & Oat Crunch	Fruit Loaf with Butter
Lunch 12.00 - 1.00	Pasta Meat Balls in Tomato Sauce with Broccoli	Lentil Curry with Basmati Rice and Green Beans	Turkey Casserole with Mix Seasonal Vegetable & Mashed Potato	Stir Fried Egg Noodles with Edamame Beans & Mix Vegetable	Shepherd's Pie with Peas
Vegetarian	Veggie Balls	Same as Above	Homemade Soya Chunk Casserole	Same as Above	Mushroom & Lentils Pie
Pudding	Individual Yogurt	Fresh Strawberry	Banana & Custard	Carrot Cake	Homemade Blueberry Pancakes
Snack 2:30 - 3:00	Green Apple	Whole Meal Crackers with Cream Cheese	Tortilla Chips Home Made with Tomato Salsa	Hummus with Pitta Fingers	Mix Apple Slice
Tea 4.00-5.00	Fish Finger with Chips and peas	Platter of Cheese, Ham, Tuna, and Egg Sandwich	Tuna Pasts Bake with Peas & Sweetcorn	Creamy Chicken Leek & Soup with Crusty Bread	Naan Bread Tomato Pizza with Tofu Sauce and Tomato Slices
Vegetarian	Vegi. finger	Quorn ham	Vegetable as Above	Same as Above	Same as Above
Pudding	Pineapple	Homemade Spelt Biscuit	Pear & Orange Fruit Platter	Apple Fruit Platter	Melon



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Snack 9:30 - 10:00	Pitta Slices with Mackerel Dip and Cucumber slices	Wholemeal Crackers with Cream Cheese and Cherry Tomatoes	Breadsticks with Beetroot Hummus	Fruit Loaf	Vegetable Sticks & Dip
Lunch 12.00 - 1.00	Turkey Bolognese with Pasta & Carrot Salad	Beef and Butternut Stew with Potatoes & Broccoli	Chicken Casserole with Vegetables and Couscous	Chickpea Curry with Coconut Milk, Sweet Potato & Spinach Basmati Rice	Tortellini with Cheese Sauce and Sweetcorn
Vegetarian	Same as Above	Quorn Alternative	Quorn or TVP	Same as Above	Tofu
Pudding	Greek Yogurt with Apple Compote	Homemade Rice Pudding with Stewed Berry	Individual Yogurt	Melon	Homemade Berry Cheesecake
Snack 2:30 - 3:00	Green and Red Apple	Bagel Bites with Marmite, vegetable spread & Cucumber	Vegetable Finger with Home Made Chips	Grape, Cheese Cubes & Crackers	Pineapple
Tea 4.00-5.00	Toasted Ham & Cheese Sandwiches	Macaroni and Cheese	Jacket Potato with Homemade Beans & Coleslaw	Homemade Carrot & Tomato Soup with Bread Rolls	Omelette with Garlic Bread
Vegetarian	Same as Above	Same as Above	Same as Above	Same as Above	Same as Above
Pudding	Fruit Platter	Banana	Mangos	Fruit Platter	Spelt Biscuits



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Snack 9:30 - 10:00	Cheddar & Cracker Bites with Carrot Sticks	Bread sticks and apple slices with Yoghurt Dip	Mackerel & Avocado Paté with Tortilla Chips	Cheese on Toast Bites with mange tout and mini sweetcorn	Boiled Egg Quarters with Toast Fingers & Cucumber
Lunch 12.00 - 1.00	Tagliatelle Carbonara with Ham and Broccoli	Jerk Chicken and Jollof Rice with Mix Vegetable	Butternut Squash & lentil with herbs Couscous	Salmon & Cod Fish Pie with carrots	Chilli with Brown Rice Cauliflower & Beans
Vegetarian	Ham Alternative	TVP	Same as Above	Tofu	Quorn Mince or lentils
Pudding	Mango	Fruit Salad	Greek Yogurt & Toasted Oats with Cherries	Beetroot Brownies	Semolina with Stewed Apple
Snack 2:30 - 3:00	Naan Bread & Peppers	Bagel Bites with & pears	Grapes & Cheese with Crackers	Spelt Biscuits with Banana	Bread & Carrot Sticks with Hummus
Tea 4.00-5.00	Homemade Chicken Dippers with Sweet Corn	Macaroni Pasta Bake with Peas and lentils	Bubble and Squeak with Gravy	Homemade Minestrone Soup with Crusty Bread	Sandwiches and vegetable medley
Vegetarian	Vegetable Fingers & Boiled Eggs	Same as Above	Same as Above	Same as Above	Same as Above
Pudding	Fruit Platter	Custard & Banana	Melon	Pineapple	Homemade Carrot Cake



Winter Menu 2020 Four

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Snack 9:30 - 10:00	Green Apple	Chopped Cheese with Crackers	Rice Crackers with Mashed Avocado	Pita bread with Hummus & Carrot Sticks	Fruit Loaf
Lunch 12.00 - 1.00	Turkey Stew with Vegetable and Couscous	Beef & Aubergine Lasagne with Green Beans	Homemade Salmon Cakes with Parsley Sauce & Sweet Corn	Chickpea Creamy Curry with Basmati Rice & Green Salad	Chicken, Leek Casserole with Mash Potato
Vegetarian	Quorn	Beans	Tofu	Same as Above	TVP
Pudding	Greek Yogurt with Apple Puree	Pineapple Cake	Homemade Rice Pudding with Strawberries Puree	Individual Yogurt	Banana
Snack 2:30 - 3:00	Bread Sticks, Hummus & Cucumber Sticks	Spelt Biscuits & Apple	Cinnamon Bagel	Cheese cubes, crackers and peppers	Fruit platter
Tea 4.00-5.00	Baked Beans with Toast	Naan Bread Melt	Pasta with Fresh Tomato, Spinach & Parmesan Cheese	Leek & Chicken Soup with Garlick Bread	Ham & Cheese Panini
Vegetarian	Same as Above	Same as Above	Same as Above	Homemade Leek & Mushroom Soup	Egg & Cheese
Pudding	Melon	Fruit Platter	Mango	Pineapple	Fruity Flapjacks