



Winter Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>
Snack	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*
Lunch	'Orient Express' Chicken Stir Fry with Rice <i>(Gluten, Soya, Sesame, Egg, Molluscs)</i>	Moroccan Spicy Lamb Stew with Couscous <i>(Gluten, Celery)</i>	Good-as-Gold Roast Chicken with Potatoes, Carrots and Broccoli	Tuna and Vegetable Pasta Bake <i>(Fish, Milk, Gluten, Lupin, Egg)</i>	Chilli Con Carne with Sweet Pepper Rice
Vegetarian option	'Orient Express' Vegetable Stir Fry with Rice <i>(Gluten, Soya, Sesame, Egg, Molluscs, Celery)</i>	Moroccan Spicy Bean Stew with Couscous <i>(Gluten, Celery)</i>	Good-as-Gold Roast Quorn with Potatoes, Carrots and Broccoli <i>(Egg)</i>	Vegetable Pasta Bake <i>(Milk, Gluten, Egg, Lupin)</i>	Chilli Con Carne (Veggie Style) with Sweet Pepper Rice <i>(Egg)</i>
Pudding	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>
Snack	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*
Afternoon tea	Baked Potato with Broccoli and Carrots in a Cheese Sauce <i>(Gluten, Lupin, Milk)</i>	Fabulous Fisherman's Pie with Carrots and Peas <i>(Fish, Milk, Gluten, Lupin)</i>	Irish Stew <i>(Gluten)</i>	Home-Made Parsnip and Butternut Squash Soup with Garlic Bread <i>(Gluten, Milk, Celery)</i>	Sandwich Selection with Cherry Tomatoes and Cucumber <i>(Milk, Gluten, Lupin)</i>
Vegetarian option	/	Vegetable and Lentil Potato Bake <i>(Milk, Gluten, Lupin, Celery)</i>	Root Vegetable Stew <i>(Gluten Celery)</i>	/	/
Pudding	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>

NOTES

- **Water and milk are available throughout the day.**
- **Portion sizes are adapted to each child's individual needs.**
- **Menu is subject to change without notice due to the seasonal availability of produce.**
- **Please be sure to advise of any dietary requirements, including allergies, religious beliefs etc.**
- *** Additional snack variations of fresh/dried fruits, toast, bread sticks, rice cakes, etc. are available depending on the child's request.**

Dates Weekly Menu is active:

30/11/2020	04/01/2021	01/02/2021
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Winter Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>
Snack	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*
Lunch	Spaghetti Bolognese with Broccoli Trees <i>(Gluten, Lupin, Egg)</i>	Beef Casserole	Chicken Stew with Boiled Potatoes <i>(Gluten)</i>	Vegetable Curry with Rice <i>(Gluten, Milk, Celery)</i>	Sweet and Sour Pork with Vegetables and Rice <i>(Soya, Gluten, Egg)</i>
Vegetarian option	Vegetable Spaghetti Bolognese with Broccoli Trees <i>(Gluten, Lupin, Egg, Celery)</i>	Vegetable and Lentil Casserole	Chickpea and Vegetable Stew with Boiled Potatoes	/	Sweet and Sour Vegetable Medley with Rice <i>(Soya, Gluten, Egg)</i>
Pudding	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>
Snack	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*
Afternoon tea	Chicken and Leek Pie with Potato Pastry Served with Broccoli <i>(Milk, Gluten, Lupin)</i>	Baked Potato with Tuna and Sweetcorn in a Cheese Sauce <i>(Gluten, Lupin, Milk, Fish)</i>	Home-Made Winter Vegetable Soup with Wholemeal Bread <i>(Gluten, Lupin, Celery)</i>	Salmon, Broccoli and Leek Pasta Bake <i>(Fish, Milk, Gluten, Egg, Lupin)</i>	Cottage Pie <i>(Gluten, Soya, Milk)</i>
Vegetarian option	Cheese and Leek Pie with Potato Pastry Served with Broccoli <i>(Milk, Gluten, Lupin)</i>	Baked Potato with Broccoli and Carrots in a Cheese Sauce <i>(Gluten, Lupin, Milk)</i>	/	Vegetable Pasta Bake <i>(Milk, Gluten, Egg, Lupin)</i>	Quorn Cottage Pie <i>(Gluten, Soya, Milk, Egg)</i>
Pudding	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>

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- *** Additional snack variations of fresh/dried fruits, toast, bread sticks, rice cakes, etc. are available depending on the child's request.**

Dates Weekly Menu is active:

07/12/2020	11/01/2021	08/02/2021
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Winter Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>
Snack	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*
Lunch	Good-as-Gold Roast Chicken with Potatoes, Carrots and Broccoli	Tuna and Vegetable Pasta Bake <i>(Fish, Milk, Gluten, Lupin, Egg)</i>	Sweet and Sour Chicken with Noodles <i>(Soya, Gluten, Egg, Lupin)</i>	Fabulous Fisherman's Pie with Carrots and Peas <i>(Fish, Milk, Gluten, Lupin)</i>	Luscious Lamb Casserole with Mashed Potato <i>(Gluten, Milk, Celery)</i>
Vegetarian option	Good-as-Gold Roast Quorn with Potatoes, Carrots and Broccoli <i>(Egg)</i>	Vegetable Pasta Bake <i>(Milk, Gluten, Egg, Lupin)</i>	Sweet and Sour Vegetable Medley with Noodles <i>(Soya, Gluten, Egg, Lupin)</i>	Vegetable and Lentil Potato Bake <i>(Milk, Gluten, Lupin, Celery)</i>	Root Vegetable Casserole with Mashed Potato <i>(Gluten, Milk, Celery)</i>
Pudding	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>
Snack	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*
Afternoon tea	Home-Made Carrot and Coriander Soup with Wholemeal Bread <i>(Gluten, Milk, Lupin, Celery)</i>	Moroccan Spicy Lamb Stew with Couscous <i>(Gluten, Celery)</i>	Old Fashioned Grilled Cheese Sandwiches with Modern Veggie Sticks <i>(Gluten, Lupin, Milk)</i>	Chilli Con Carne with Sweet Pepper Rice	Princess and the Pea Risotto with Chicken <i>(Gluten, Milk)</i>
Vegetarian option	/	Moroccan Spicy Bean Stew with Couscous <i>(Gluten, Celery)</i>	/	Chilli Con Carne (Veggie Style) with Sweet Pepper Rice <i>(Egg)</i>	Princess and the Pea Risotto <i>(Gluten, Milk, Celery)</i>
Pudding	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>

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Dates Weekly Menu is active:

14/12/2020	18/01/2021	15/01/2021
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Winter Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>	Choices of Cereal <i>(Gluten, Milk, Lupin)</i>
Snack	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*
Lunch	Lancashire Hotpot <i>(Gluten)</i>	Fabulous Fisherman's Pie with Carrots and Peas <i>(Fish, Milk, Gluten, Lupin)</i>	Chicken and Leek Pie with Potato Pastry Served with Broccoli <i>(Milk, Gluten, Lupin)</i>	Salmon, Broccoli and Leek Pasta Bake <i>(Fish, Milk, Gluten, Egg, Lupin)</i>	Sweet Shepherd's Pie <i>(Milk, Gluten)</i>
Vegetarian option	Vegetable Hotpot <i>(Gluten, Celery)</i>	Vegetable and Lentil Potato Bake <i>(Milk, Gluten, Lupin, Celery)</i>	Cheese and Leek Pie with Potato Pastry Served with Broccoli <i>(Milk, Gluten, Lupin)</i>	Vegetable Pasta Bake <i>(Milk, Gluten, Egg, Lupin)</i>	Sweet Shepherd's Quorn Pie <i>(Milk, Gluten, Egg, Celery)</i>
Pudding	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>
Snack	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*	Fresh Fruit*
Afternoon tea	Fruity Chicken Curry with Rice <i>(Gluten, Lupin)</i>	Moroccan Spicy Lamb Stew with Couscous <i>(Gluten, Celery)</i>	Home-Made Spiced Carrot and Lentil Soup with Naan Bread <i>(Gluten, Milk)</i>	Sweet and Sour Chicken with Noodles <i>(Soya, Gluten, Egg, Lupin)</i>	Old Fashioned Grilled Cheese Sandwiches with Modern Veggie Sticks <i>(Gluten, Milk, Lupin)</i>
Vegetarian option	Fruity Vegetable Curry with Rice <i>(Gluten, Lupin)</i>	Moroccan Spicy Bean Stew with Couscous <i>(Gluten, Celery)</i>	/	Sweet and Sour Vegetable Medley with Noodles <i>(Soya, Gluten, Egg, Lupin)</i>	/
Pudding	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>	Fruit (fresh or dried) &/or Natural Yoghurt <i>(Milk, Sulphur Dioxide/Sulphites)</i>

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Dates Weekly Menu is active:

21/12/2020	25/01/2021	22/02/2021
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