



Ofsted Reg. No: 105631 ICO A8384736

AUTUMN AND WINTER MENU - Week 1 of 4

<u>Time/Day</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>
Breakfast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast
Morning Snack	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit
Lunch	Three bean chilli con-carne with steamed rice	Sweet and sour chicken with noodles and oriental vegetables	Roast with vegetables, roast potatoes and gravy	Vegetable pasta bake with garlic bread	Fillet of fish with Potato croquet and peas
Veggie Option	Three bean chilli con-carne with steamed rice	Sweet and sour Quorn with noodles and oriental vegetables	Roast Quorn, roast potatoes, vegetables and gravy	Vegetable pasta bake with garlic bread	Vegetable burgers with potato croquet and peas
Pudding	Rice pudding	Jelly with fruit	Melon and grape platter	Banana Loaf	Fruity fromage Frais
Afternoon Snack	Organic Milk/Water Breadsticks and raisins	Organic Milk/Water Blueberry Rice Cakes	Organic Milk/Water Soft Cheese and crackers	Organic Milk/Water Rice Cakes	Organic Milk/Water Breadsticks and apple slices
Tea/Dinner	Fish finger sandwiches with cucumber sticks	Pizza with a variety of toppings and mixed Salad	Quesadilla with ham and cheese	Jacket potatoes with beans	Cheese on toast
Pudding	Fromage Frais or dairy free yogurts				

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AUTUMN AND WINTER MENU - Week 2 of 4

<u>Time/Day</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>
Breakfast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast
Morning Snack	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit
Lunch	Chickpea curry with rainbow vegetable pilaf	Meatball Bolognese with spaghetti and Garlic Bread	Roast with vegetables, roast potatoes and gravy	Sausages, green beans and Mash with Yorkshires	Fish cakes with croquet potatoes and beans
Veggie Option	Chickpea curry with rainbow vegetable pilaf	Quorn Meatball Bolognese with spaghetti and Garlic Bread	Roast Quorn, roast potatoes, vegetables and gravy	Vegetable sausages, green beans and mash with Yorkshires	Vegetarian fingers with croquet potatoes and beans
Pudding	Winter dried fruit salad	Banana loaf	Melon and grape platter	Mixed berries with Natural yoghurt	Custard and peaches
Afternoon Snack	Organic Milk/Water Rice cakes and raisins	Organic Milk/Water Crackers and cream cheese	Organic Milk/Water Breadsticks and banana	Organic Milk/Water Fruit Loaf	Organic Milk/Water Crackers and cream cheese
Tea/Dinner	Fish Fingers Sandwiches with cucumber sticks	Jacket Potato with cheese	Pasta and sweetcorn bake	Cheese and ham wraps with lettuce	Cheese and tomato pizza
Pudding	Fromage Frais or dairy free yoghurt				



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AUTUMN AND WINTER MENU - Week 3 of 4

<u>Time/Day</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>
Breakfast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast
Morning Snack	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit
Lunch	Macaroni cheese with sweetcorn and peppers with garlic bread	Meatballs with spaghetti	Roast with vegetables, roast potatoes and gravy	Chicken Korma with home-made rice pilaf	Fish Cod Fillets and chips with peas
Veggie Option	Macaroni cheese with sweetcorn and peppers with garlic bread	Vegetable meatballs with spaghetti	Roast Quorn, roast potatoes, vegetables and gravy	Vegetable korma with home-made rice pilaf	Vegetable Fillets and chips with peas
Pudding	Fruity fromage Frais	Jelly with fruit	Melon and grape platter	Homemade chocolate cake	Apple and pear pancakes
Afternoon Snack	Organic Milk/Water Rice cakes with spread	Organic Milk/Water Cheese and crackers	Organic Milk/Water Breadsticks and raisins	Organic Milk/Water Cucumber and carrot sticks	Organic Milk/Water Fruit loaf and spread
Tea/Dinner	Fish finger sandwiches with cucumber	Beans on Toast with carrot sticks	Ham and cheese wraps with mixed peppers	Pizza with variety of toppings	Pasta bake
Pudding	Fromage Fras or dairy free yoghurt				



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AUTUMN AND WINTER MENU - Week 4 of

<u>Time/Day</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>
Breakfast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast
Morning Snack	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit
Lunch	Vegetable Risotto	Sausages with bubble and squeak-mixed vegetables	Beef Lasagne and Broccoli and Garlic Bread	Chicken Puff pastry pie with broccoli and carrots	Fish cakes with mini waffles and peas
Veggie Option	Vegetable Risotto	Veggie sausages with bubble and squeak-mixed vegetables	Lentil Lasagne and Broccoli with Garlic Bread	Mixed bean puff pastry pie with broccoli and carrots	Vegetables cutlets with mini waffles chips with peas
Pudding	Baked berries souffle	Banana Loaf	Melon platter	Mixed berries with Natural yoghurt	Fruity fromage Frais
Afternoon Snack	Organic Milk/Water Rice cakes with spread	Organic Milk/Water Crackers and cream cheese	Organic Milk/Water Breadsticks and raisins	Organic Milk/Water Vegetables sticks	Organic Milk/water Fruit loaf and spread
Tea/Dinner	Jacket Potatoes with Cheese	Ham and cheese quesadillas with cucumber slices	Beans on toast	Pizza with variety of toppings	Pasta bake
Pudding	Fromage Frais or dairy free yoghurts				

Please note: Daily, our chef prepares all the food fresh in the setting. We review our menu on a seasonal basis. We cater to dietary needs and allergies wherever possible. Our food hygiene rating is 5. Last inspection took place July 2022.



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