

Example Winter Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals and wholemeal toast, served with whole milk or water G D S V	A selection of cereals and wholemeal toast, served with whole milk or water G D S V	A selection of cereals and wholemeal toast, served with whole milk or water G D S V	A selection of cereals and wholemeal toast, served with whole milk or water G D S V	A selection of cereals and wholemeal toast, served with whole milk or water G D S V
Snack	A selection of fresh seasonal fruits or vegetables with crackers/rice cakes/bread sticks/Oat Cakes G D V	A selection of fresh seasonal fruits or vegetables with crackers/rice cakes/bread sticks/Oat Cakes G D V	A selection of fresh seasonal fruits or vegetables with crackers/rice cakes/bread sticks/Oat Cakes G D V	A selection of fresh seasonal fruits or vegetables with crackers/rice cakes/bread sticks/Oat Cakes G D V	A selection of fresh seasonal fruits or vegetables with crackers/rice cakes/bread sticks/Oat Cakes G D V
Lunch & Pudding	Chicken curry and wholegrain rice Fruit Yoghurt	Vegetarian Cottage Pie and seasonal vegetables Raspberry & Coconut rice pudding	Traditional roast dinner with vegetables Ice Cream & Fresh Fruits	Fish goujons, mashed potatoes and mixed Vegetables Fruit Crumble and Custard	Spinach & Basil Pasta with garlic bread Pear & Ginger compote with coconut Yoghurt
Tea & Pudding	Nut free Pesto & Tomato twist Melon Slices	Tuna & Sweetcorn slice with hidden vegetables Fruit Loaf	Spaghetti Hoops on Toast Fromage Frais	Selection of wholemeal sandwiches with Vegetable sticks Bread Pudding	Soup of the week served with a warm wholemeal roll Fresh seasonal fruit platter

All foods are cooked using fresh homemade ingredients, as well as being packed full with various vegetables. All sauces are made from vegetables. **All meals can be adapted to meet dietary requirements.** Menu is subject to change.

E-Egg M- Mustard C- Celery F- Fish S- Soya G- Gluten D- Dairy SE- Sesame
V- Vegetarian