

Winter Menu – Week Three

KEY: LW meals for **Little Wrigglers** & **VEG** vegetarian option if appropriate

	Breakfast	Snacks am/pm	Lunchtime	Teatime
Monday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Banana spears Malt loaf with strawberries CG	Italian style Quorn chicken casserole with baby potatoes Seasonal fruit salad with fresh single cream M S E CG	Pea, ham & mushroom pasta bake/Herby pea and tofu pasta bake in a creamy sauce VEG Pear slices/Poached pear LW M CG S
Tuesday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Apple Slices Smoked ham with water biscuits CG	Fisherman's Pie with parsley sauce/ Quorn Garlic and herb fillets with steamed vegetables VEG Honeydew Melon slices F CG E M	Authentic Chicken fajitas/Halloumi with vegetables VEG served with tortillas/sweet potato mash LW Fromage frais M CG
Wednesday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Muffins slices with creamed cheese CG M Pomegranates	Tasty chicken and sweet potato curry with fluffy garlic rice Greek yoghurt with mango compote M M	Veggie sausage and bean hotpot served with flatbread fingers Orange segments CG E
Thursday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Blueberries Pitta fingers with tuna & mayo dip CG F E M	Classic stove top one pan beef stew/plant-based meatballs VEG with winter vegetables Bread and butter pudding with custard M CG S	Baked butternut squash mac & cheese Banana Spears CG M E M
Friday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Watermelon Triangles Natural yoghurt with puffed rice M	Pork, apple and sage hotpot with winter vegetables/Plant based sausage & winter vegetables VEG Carrot cake slices M E CG S	Slow cooker Bolognese with plant-based mince served with Italian bread slices Kiwi Slices M CG E S

Key for allergens:

Celery **C** Peanuts **P** Sesame seeds **SS** Eggs **E** Fish **F** Cereals/gluten **CG** Milk **M** Soya **S** Mustard **M** Lupin **L** Crustaceans **C** Molluscs **M** Sulphur Dioxide/sulphites **SD/S** Nuts **N**