

Winter Menu – Week Two

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	Orange segments Rice cakes with blueberries M S SS	Smoked Haddock kedgeriee/ Steamed vegetable & rice with edamame VEG Mandarin Jelly CG F M M	Winter vegetable and lentil soup served with croutons Apple thins CG M
Tuesday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Cottage cheese with tortilla triangles Pear slices M CG	Classic Lasagne/vegetable lasagne with garlic bread slices VEG Greek yoghurt pudding M CG	Hungarian goulash served with dumplings/Cheesy bean and lentil bake VEG Watermelon triangles CG M
Wednesday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Cucumber & pepper thins with dip Bread & butter fingers CG M	Minted Lamb hotpot, with seasonal vegetables/Plant Chef meat free mince with vegetables VEG Peaches with cream S CG M	Cheese & tomato tortellini with original breadsticks Banana boat slices M CG E S
Thursday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Pancakes with banana circles Kiwi slices M E CG	Chicken and bacon casserole/Bean and halloumi stew VEG Rice Pudding with strawberry thins CG M	Classic Ratatouille & taco beans served with crusty bread slices/bread fingers LW Fromage Frais CG E C
Friday	Fruit, porridge, wholemeal toast, low sugar cereals natural yoghurt CG M	Raspberry segments Oatcakes with garlic & herb cream cheese M	Sweet potato, pepper & feta frittata served with tomato baked beans Cantaloupe melon slices CG E M	Slow cooker aromatic vegetable broth with egg noodles served with wholemeal bread slices Pineapple thins CG E C

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**