

Winter Menu – Week One

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	Breadsticks & olives CG Strawberry slices	Cod & chorizo stew with peppers, tomatoes, mushrooms/Mediterranean veg with tomatoes VEG Watermelon slices F	Chicken, chickpea and vegetable broth/chickpea & vegetable broth VEG served with bread triangles Fromage Frais M CG
Tuesday	Fruit, porridge wholemeal toast, low sugar cereals natural yoghurt CG M	Blueberries pieces Banana slices and rice cake SS S M	Classic Shepherd's Pie/Lentil cottage Pie VEG Baked apple with cinnamon & cream M	Vegetable and mushroom ragu served with flatbread slices Apple thins CG
Wednesday	Fruit, porridge wholemeal toast, low sugar cereals natural yoghurt CG M	Boiled egg slices with hummus E SS Kiwi thins	Roast Turkey slices, yorkshire puddings, stuffing balls with carrots & runner beans, gravy Meat free toad in the hole & veg VEG Semolina with raisins M E CG S	Easy Lentil Curry served with chapati triangles Orange segments CG
Thursday	Fruit, porridge wholemeal toast, low sugar cereals natural yoghurt CG M	Raspberries pieces Cheese slices & ritz crackers CG M	Tuna, sweetcorn & broccoli bake/Cauliflower, broccoli & sweetcorn bake VEG Natural yoghurt with plum compote F M CG	Winter Vegetable Pot Pie Honeydew Melon Slices CG
Friday	Fruit, porridge wholemeal toast, low sugar cereals natural yoghurt CG M	Corn cakes with pear M SS S Apple slices	Quorn chilli served with crispy jacket potato Mandarin Oranges E CG	Tuna and herb gnocchi bake/Tofu and tomato gnocchi bake VEG Banana Spears CG S M

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