



11 Day Rolling Menu – winter 2025/26

A variety of cereals, wholemeal toast, fruit & natural yogurt are served for breakfast daily until 9am.

All meals are homemade daily on the premises & we use fresh fruit & vegetables

	AM Snack	Lunch	PM Snack	Dinner
Day 1	A selection of melon slices	Jacket potatoes, baked beans, tuna, cheese & grated carrot F, CM, E Semolina pudding with fresh fruit CM, G, W	Oatcakes with a selection of spreads CM, G, W	Creamy mushroom chicken with wholemeal rice & broccoli CM, G, W
Day 2	Grapes & orange slices	Macaroni cheese with cauliflower & sweetcorn CM, G, W Apple oat cookie CM, G, W, E	Large rice cakes with a selection of spreads CM, G, W	Salmon fillet with roast potatoes, roasted parsnips, cauliflower florets & a lemon dill sauce F, CM
Day 3	Wholemeal pitta with cheese slices CM, G, W	Tomato, mixed bean & lentil soup with wholemeal roll G, W, S Banana cake CM, G, W, E, S	Cucumber batons with a homemade dip CM, G, W, E	Beef lasagne with garlic bread & peas CM, G, W, S
Day 4	Breadsticks with a homemade dip CM, G, W, E	Wholemeal toasted muffins with a selection of fillings & crudités F, CM, G, W, E, S Greek yoghurt with mixed berries CM	Water biscuits with a homemade dip CM, G, W	Garlic & herb roast chicken with root vegetable mash, broccoli & gravy CM, G, W
Day 5	Apple slices & blueberries	Basil & sunflower seed pesto couscous (giant) with sweetcorn CM, G, W Carrot cake G, W, E	Cheese cubes & fresh pineapple chunks CM	Homemade fish goujons with potato wedges, peas & sweetcorn F, CM, G, W
Day 6	Mango & peach slices	Minestrone soup with cheese & garlic plaits CM, G, W Pineapple upside down cake CM, G, W, E	Mixed pepper batons with a homemade dip CM, E	Chicken & spinach curry with wholemeal rice & green beans CM
Day 7	A selection of melon slices	Jacket potatoes, baked beans, tuna, cheese & grated carrot F, CM, E Rice pudding with seasonal fruit puree CM	Large rice cakes with a selection of spreads CM, G, W	Beef bolognaise with hidden vegetables, wholemeal spaghetti & grated cheese CM, G, W
Day 8	Bagel bites with a selection of spreads CM, G, W, E	Tuna & mixed bean pasta bake with sweetcorn F, CM, G, W Apple and blueberry muffins CM, G, W, E	Large rice cakes with a selection of spreads CM, G, W, E	Homemade chicken goujons with herbed new potatoes, broccoli & carrots CM, G, W
Day 9	Cucumber batons with a homemade dip CM, E	A selection of sandwiches & wraps with a variety of fillings & crudité F, CM, G, W, E, S Forest fruit crumble served with Greek yogurt CM, G, W	Strawberries & satsuma pieces	Salmon & cod puff with broccoli CM, G, W
Day 10	Breadsticks with a homemade dip CM, G, W, E	Leek, chickpea & potato soup with cheese twists CM, G, W Homemade shortbread biscuit with satsuma pieces G, W	Oatcakes with a selection of spreads CM, G, W	Turkish chicken & vegetable casserole with couscous G, W
Day 11	Cheese cubes & water biscuits CM, W, G	Freshly made pizza with a selection of toppings & crudité CM, G, W, S Peaches with custard CM	Pears & raspberries	Beef Mexican taco boats & rice with zingy Mexican salsa CM, G, W

After dinner dessert will always be fresh fruit which the children will get to choose from our fruit bowl.

Allergens: **F** fish **CM** cow's milk, **G** gluten, **W** wheat **E** eggs, **M** mustard, **CE** celery **S** soy