



## 11 Day Rolling Menu - vegetarian - 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, cheese & grated carrot <b>CM,E</b>  Semolina pudding with fresh fruit <b>CM,G,W</b>	Oatcakes with a selection of spreads <b>CM,G,W</b>	Creamy mushroom beans with rice & broccoli <b>CM,G,W</b>
Day 2	Grapes & orange slices	Macaroni cheese with cauliflower & sweetcorn <b>CM,G,W</b>  Apple oat cookie <b>CM,G,W,E</b>	Large rice cakes with a selection of spreads <b>CM,G,W</b>	Bean cake with root vegetable mash, green beans carrots & gravy <b>CM,G,W,E</b>
Day 3	Wholemeal pitta with cheese slices <b>CM,G,W</b>	Tomato, mixed bean & lentil soup with wholemeal roll <b>G,W,S</b>  Banana cake <b>CM,G,W,E</b>	Cucumber batons with a homemade dip <b>CM,G,W,E</b>	Moussaka with garlic bread & peas <b>CM,G,W,S</b>
Day 4	Breadsticks with a homemade dip <b>CM,G,W,E</b>	Wholemeal toasted muffins with a selection of fillings & crudités <b>CM,G,W,E,S</b>  Greek yoghurt with mixed berries <b>CM</b>	Water biscuits with a homemade dip <b>CM,G,W</b>	Spinach & lentil cake with wholemeal rice, roasted vegetables & gravy
Day 5	Apple slices & blueberries	Basil & sunflower seed pesto cous cous (giant) with sweetcorn <b>CM,G,W</b>  Carrot cake <b>G,W,E</b>	Cheese cubes & fresh pineapple chunks <b>CM</b>	Homemade vegetable goujons with potato wedges, peas & sweetcorn <b>CM,G,W</b>
Day 6	Mango & peach slices	Minestrone soup with cheese & garlic plaits <b>CM,G,W</b>  Pineapple upside down cake <b>CM,G,W,E</b>	Mixed pepper batons with a homemade dip <b>CM,E</b>	Vegetable & bean curry with wholemeal rice & green beans <b>CM</b>
Day 7	A selection of melon slices	Jacket potatoes, baked beans, cheese & grated carrot <b>F,CM,E</b>  Rice pudding with seasonal fruit puree	Large rice cakes with a selection of spreads <b>CM,G,W,E</b>	Quorn bolognaise with hidden vegetables, wholemeal spaghetti & grated cheese <b>CM,G,W</b>
Day 8	Bagel bites with a selection of spreads <b>CM,G,W,E</b>	Mixed bean pasta bake with sweetcorn <b>CM,G,W</b>  Apple Blueberry Muffins	Water biscuits with a homemade dip <b>CM,G,W</b>	Homemade vegetable goujons with potato wedges, peas & sweetcorn <b>CM,G,W</b>
Day 9	Cucumber batons with a homemade dip <b>CM,E</b>	A selection of sandwiches & wraps with a variety of fillings & crudité <b>CM,G,W,E,</b>  Forest fruit crumble with yogurt <b>CM,G,W</b>	Strawberries & satsuma pieces <b>CM,G,W,S</b>	Roasted root puff with peas <b>CM,G,W,S</b>
Day 10	Breadsticks with a homemade dip <b>CM,G,W,E</b>	Leek, chickpea & potato soup with cheese twists <b>CM,G,W</b>  Homemade shortbread biscuit with satsuma pieces <b>G,W</b>	Oatcakes with a selection of spreads <b>CM,G,W</b>	Vegetable & bean balls with herbed new potatoes, broccoli & carrots <b>CM,G,W</b>
Day 11	Cheese cubes & water biscuits <b>CM,W,G</b>	Freshly made pizza with a selection of toppings & crudité <b>CM,G,W,S</b>  Peaches with custard <b>CM</b>	Peach slices & raspberries <b>CM,G,W</b>	Quorn Mexican taco boats & rice with zingy Mexican salsa <b>CM,G,</b>

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