



## 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 CM,E  Semolina pudding with fresh fruit CM,G,W	Oatcakes with a selection of spreads CM,G,W	Creamy mushroom beans with 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	Bean cake with root vegetable mash, green beans carrots & gravy CM,G,W,E
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	Cucumber batons with a homemade dip CM,G,W,E	Moussaka 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 CM,G,W,E,S  Greek yoghurt with mixed berries CM	Water biscuits with a homemade dip CM,G,W	Spinach & lentil cake with wholemeal rice, roasted vegetables & gravy
Day 5	Apple slices & blueberries	Basil & sunflower seed pesto cous cous (giant) with sweetcorn CM,G,W  Carrot cake G,W,E	Cheese cubes & fresh pineapple chunks CM	Homemade vegetable goujons with potato wedges, peas & sweetcorn 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	Vegetable & bean curry with wholemeal rice & green beans CM
Day 7	A selection of melon slices	Jacket potatoes, baked beans, cheese & grated carrot F,CM,E  Rice pudding with seasonal fruit puree	Large rice cakes with a selection of spreads CM,G,W,E	Quorn bolognese with hidden vegetables, wholemeal spaghetti & grated cheese CM,G,W
Day 8	Bagel bites with a selection of spreads CM,G,W,E	Mixed bean pasta bake with sweetcorn CM,G,W  Apple Blueberry Muffins	Water biscuits with a homemade dip CM,G,W	Homemade vegetable goujons with potato wedges, peas & sweetcorn CM,G,W
Day 9	Cucumber batons with a homemade dip CM,E	A selection of sandwiches & wraps with a variety of fillings & crudité CM,G,W,E,  Forest fruit crumble with yogurt CM,G,W	Strawberries & satsuma pieces CM,G,W,S	Roasted root puff with peas CM,G,W,S
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	Vegetable & bean balls with herbed new potatoes, broccoli & carrots CM,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	Peach slices & raspberries CM,G,W	Quorn Mexican taco boats & rice with zingy Mexican salsa CM,G,

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