

## Menu: Autumn – Winter

Week 1

**Breakfast:** We provide selected fortified, low sugar cereals with dairy or plant-based milk. Children will also be offered toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	<b>Mid-morning snack</b> Served with water, dairy or plant-based milk	<b>Baby, toddler &amp; preschool lunch</b> Served with water, dairy or plant-based milk	<b>Toddler &amp; preschool tea</b> Served with water, dairy or plant-based milk	<b>Babies tea</b> Served with water, dairy or plant-based milk
<b>Monday</b>	Unsalted rice cakes with cream cheese <b>V</b> - dairy free cream cheese Grapes – halved <b>(V, DF)</b>	Sarah’s spicy bean curry with brown rice Locally sourced Fruit with Yoghurt – dessert <b>(V, VE, DF)</b>	Wholemeal bread Sandwiches with mature cheese and cucumber Cherry tomatoes - halved <b>(V, DF)</b>	Wholemeal bread Sandwiches with extra mature cheese and cucumber (deconstructed) Cherry tomatoes - halved <b>(V, DF)</b>
<b>Tuesday</b>	Vegetable Humous with Breadsticks Cherry Tomatoes - halved <b>(V, DF)</b>	Roast chicken <b>V</b> - vegetarian sausages with roasted potatoes and cauliflower & broccoli cheese Locally sourced Fruit with Yoghurt – dessert <b>(V, DF)</b>	Wholemeal pitta pizza with mature cheddar cheese and red tomatoes Carrot batons <b>(V, DF)</b>	Puff pastry pizza with mature cheddar cheese and red tomatoes Cucumber batons <b>(V, DF)</b>
<b>Wednesday</b>	Homemade salmon pate <b>V</b> - vegetable humous Wholemeal pitta bread Cucumber sticks <b>(V, DF)</b>	Mexican chilli with beef and mixed beans served with potato wedges <b>V</b> – mixed bean chilli Locally sourced Fruit with Yoghurt – dessert <b>(V, VE, DF)</b>	Roasted chicken with a cheese and herb dressing served in a wholemeal wrap (deconstructed) <b>V</b> – Cucumber and cream cheese Tangerines <b>(V, DF)</b>	Roasted chicken with a cheese and herb dressing served in a wholemeal wrap (deconstructed) <b>V</b> - Cucumber and cream cheese Banana’s <b>(V, DF)</b>
<b>Thursday</b>	½ bagel with spread Apple slices <b>(V, DF)</b>	Vegetable Mac and cheese with Cooked carrot batters Locally sourced Fruit with Yoghurt – dessert <b>(V, DF)</b>	Nacho’s (Baked wraps made into tortilla chips) Salsa, cheese, cucumber, natural yoghurt <b>(V, DF)</b>	Cut wraps (not baked) Salsa, cheese, cucumber, natural yoghurt <b>(V, DF)</b>
<b>Friday</b>	Sarah’s homemade fruit loaf Vegetable sticks <b>(V, DF)</b>	‘Friday’ fish pie topped with sweet potato mash and served with petit pois <b>V</b> - Cheesy, veg and potato pie Locally sourced Fruit with Yoghurt – dessert <b>(V, DF)</b>	Warm wholemeal pasta salad with egg, cherry tomatoes and peppers in a creamy dressing <b>(V, VE, DF)</b>	Warm wholemeal pasta salad with egg, cherry tomatoes and peppers in a creamy dressing <b>(V, VE, DF)</b>

All vegetarian options can be adapted to support a vegan diet as required

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### Week 2

	<b>Mid-morning snack</b> Served with water, dairy or plant-based milk	<b>Baby, toddler &amp; preschool lunch</b> Served with water, dairy or plant-based milk	<b>Toddler &amp; preschool tea</b> Served with water, dairy or plant-based milk	<b>Babies tea</b> Served with water, dairy or plant-based milk
<b>Monday</b>	Wholemeal toast with spread with Banana/strawberry  (V, DF)	Creamy chicken and mustard pie V- creamy vegetable pie with mash potato Fruit and Yoghurt – dessert (V, DF)	Pitta -Tuna, sweetcorn, and plain yoghurt filling V – grated cheese, sweetcorn, and plain yoghurt filling Pepper sticks (V, DF)	Sandwiches - Tuna, sweetcorn, and plain yoghurt (deconstructed) V – grated cheese, sweetcorn, and plain yoghurt filling Pepper sticks (V, DF)
<b>Tuesday</b>	Courgette bread with spread (if needed)  (V, DF)	Red pepper and sweet potato with whole meal pasta Fruit and Yoghurt – dessert (V, DF)	Wrap with feta cheese, plain yoghurt, and cucumber filling Carrot sticks (V, DF)	Wrap with feta cheese, plain yoghurt, and cucumber filling (deconstructed) Carrot sticks (V, DF)
<b>Wednesday</b>	Humous with added vegetables Cucumber sticks  (V, DF)	Vegetable Korma with brown rice Fruit and Yoghurt – dessert (V, DF)	Unsalted rice cakes with cream cheese Apples and grapes (V, DF)	Unsalted rice cakes with cream cheese Apples and grapes (V, DF)
<b>Thursday</b>	½ Wholemeal bread thins with yogurt and cheese spread Melon  (V, DF)	Jacket potato with bolognaise and cheese V – Mixed bean bolognaise Fruit and Yoghurt – dessert (V, VE, DF)	Sandwiches filled with egg Cress and plain yoghurt salad Honeydew Melon  (V, DF)	Sandwiches filled with egg Cress and plain yoghurt salad (deconstructed) Honeydew Melon  (V, DF)
<b>Friday</b>	English muffin with grated cheese Carrot batons  (V, DF)	Tomato, cream cheese, and salmon bake V – Tomato, cream cheese, and vegetable bake Fruit and Yoghurt – dessert (V, DF)	Beetroot houmous Bread sticks Pepper sticks  (V, DF)	Beetroot houmous Bread sticks Pepper sticks  (V, DF)

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<b>Monday</b>	Sundried tomato and butterbean humous Wholemeal cracker bread <b>(V, DF)</b>	Creamy cauliflower and broccoli pasta Fruit and Yoghurt – dessert <b>(V, DF)</b>	Pitta pizza with cheese and tomato Pineapple chunks <b>(V, DF)</b>	Puff pastry pizza with cheese and tomato Pineapple chunks <b>(V, DF)</b>
<b>Tuesday</b>	½ bagel with cream cheese Cherry tomatoes <b>(V, DF)</b>	Cheese topped cottage pie and seasonal vegetables V - Cheese topped vegetable pie Fruit and Yoghurt – dessert <b>(V, DF)</b>	Nacho's (Baked wraps made into tortilla chips) Salsa, cheese, cucumber, plain yoghurt <b>(V, DF)</b>	Soft wraps (not baked) Salsa, cheese, cucumber, plain yoghurt <b>(V, DF)</b>
<b>Wednesday</b>	Root vegetable bread loaf and spread <b>(V, DF)</b>	Chicken and mushroom stroganoff with spaghetti V- Mushroom Stroganoff Fruit and Yoghurt – dessert <b>(V, DF)</b>	Pitta with Tuna, sweetcorn and plain yoghurt filling V – Grated carrot, sweetcorn and plain yoghurt filling Pepper sticks <b>(V, DF)</b>	Rice cakes with tuna, sweetcorn and plain yoghurt filling V – Grated carrot, sweetcorn and plain yoghurt filling Pepper sticks <b>(V, DF)</b>
<b>Thursday</b>	Crumpets and spread Blueberries - halved <b>(V, DF)</b>	Vegan lentil hotpot with pearl barley Fruit and Yoghurt – dessert <b>(V, VE, DF)</b>	Cold pasta salad with cucumber, cherry tomatoes and peppers <b>(V, VE, DF)</b>	Cold pasta salad with cucumber, cherry tomatoes and peppers <b>(V, VE, DF)</b>
<b>Friday</b>	Beetroot humous Wholemeal pitta bread Pepper sticks <b>(V, DF)</b>	White fish tagine with cous-cous V- vegetable and tomato tagine Fruit and Yoghurt – dessert <b>(V, DF)</b>	Sandwich with feta cheese, plain yoghurt and cucumber filling Apples <b>(V, DF)</b>	Sandwich with feta cheese, plain yoghurt, and cucumber filling (deconstructed) Carrot sticks <b>(V, DF)</b>

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