****

**Week 1- Winter Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **(8am-9am)** | Weetabix made with milk and strawberries  **ALLERGENS: 2 & 7** | Summer berry overnight oats, natural yoghurt and milk  **ALLERGENS: 2 & 7** | Rice Crispies**/** Cornflakeswith milk and mandarins  **ALLERGEN: 2 & 7** | Wholemeal toast with mashed banana  **ALLERGENS: 2 & 13** | Weetabix with milk and sliced apple  **ALLERGENS: 2 & 7** |
| **Morning Snack**  **(10am-10:30am)** | Crackers, boiled egg quarters and tomato  **ALLERGENS: 2 & 4** | Crackers/ rice cake, soft cheese and sliced apple  **ALLERGENS: 2 & 7** | C:\Users\GeorgiaLeech\Downloads\carrot.pngCarrot and cucumber sticks | Boiled egg quarters/ hummus and carrot/ cucumber sticks  **ALLERGENS: 4 & 12** | Berries (strawberry, blueberry, raspberry or blackberry) & bread sticks  **ALLERGENS: 2** |
| **Lunch**  **(11:30-12pm)** | Green lentil and vegetable (mixed peppers, broccoli, carrot) goulash with jacket potato  **ALLERGENS: 2, 7 & 13** | Fish pie (salmon, pollock, carrot, potatoes, cheddar cheese)  **ALLERGENS: 2, 5, 7, 9 & 14** | Chicken curry (carrot, tomatoes, cauliflower, red lentils, sweet potato) naan bread & mango chutney  **ALLERGENS: 2, 7 & 13** | Beef bolognaise (onion, peppers, carrot, apple & tomato) with pasta  **ALLERGENS: 2** | Roast chicken with roast potatoes, carrots, peas and gravy |
| Shaped fruit biscuits  **ALLERGENS: 2 & 7** | Strawberries/raspberries tortilla cheese ‘cake’  **ALLERGENS:2 & 7** | Sliced banana | Sliced peaches, natural yoghurt & oats  **ALLERGENS:2 & 7** | Prune/raisin bread& butter pudding with custard  **ALLERGENS: 2 & 7** |
| **Afternoon Snack**  **(2-2:30pm)** | Orange segments | Wholemeal pitta, natural yoghurt and sliced pear  **ALLERGENS: 2 & 7** | Crackers/ rice cake, soft cheese and sliced apple  **ALLERGENS: 2 & 7** | Clementine slices and breadsticks  **ALLERGENS: 2** | Boiled egg quarters/ hummus and carrot sticks  **ALLERGENS: 4 & 12** |
| **Tea**  **(4-4:30pm)** | Chicken and potato pie (carrot, leek and cheddar cheese)  **ALLERGENS: 2, 7, 9 & 14** | Chicken paella (rice, onion, pepper, tomatoes)  **ALLERGENS: 2 & 13** | Fish fingers, mashed potato and baked beans  **ALLERGENS: 2 & 5** | Minted lamb and potato hotpot (carrot, broccoli, sweet potato, cauliflower) | Tuna pasta bake (tri- colour pasta, sweetcorn, broccoli and cheddar cheese)  **ALLERGENS: 2, 5, 7, 9 & 14** |
| Sliced banana and custard  **ALLERGENS: 2 & 7** | Shaped fruit biscuits  **ALLERGENS: 2 & 7** | Mixed fruit (peaches, pears, pineapple, grapes, cherries) with rice pudding  **ALLERGENS: 7** | Orange segments | Mixed fruit (peaches, pears, pineapple, grapes, cherries) |

**Drinks**

* **Milk is offered with breakfast and snacks**
* **Water is available throughout the day and is offered with all meals and snacks**

**Meals and snacks highlighted in yellow are created by children as part of a cooking activity**

**Allergens**

**1- Celery 2- Cereals that contain gluten 3- Crustaceans**

**4- Eggs 5- Fish 6- Lupin**

**7- Milk 8- Molluscs 9- Mustard**

**10- Tree nuts 11- Peanuts 12- Sesame seeds**

**13- Soybeans 14- Sulphur dioxide and sulphites**

**=Starchy foods**

**=Fruits and vegetables**

**=Protein foods**

**=Dairy and alternatives**

****

**Week 2- Winter Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **(8am-9am)** | Low sugar/salt baked beans in a wholemeal or white pitta pocket  **ALLERGENS: 2 & 13** | Rice Crispies**/** Cornflakeswith milk and clementines  **ALLERGEN: 2 & 7** | Apricot/peach sticks, natural yoghurt and toasted white/ wholemeal pitta  **ALLERGENS: 2 & 7** | Weetabix made with milk and sliced prunes  **ALLERGENS: 2 & 7** | Porridge with grated apple and milk  **ALLERGENS: 2 & 7** |
| **Morning Snack**  **(10am-10:30am)** | Apple rolls (wholemeal bread, cream cheese and grated apple)  **ALLERGENS: 2 & 7** | Vegetable platter, e.g.: carrots, radish, beetroot, cucumber, tomatoes | Hummus and crackers  **ALLERGENS: 2 & 12** | Strawberries/raspberries tortilla cheese ‘cake’  **ALLERGENS:2 & 7** | Cheddar cheese sticks with clementines  **ALLERGENS: 7** |
| **Lunch**  **(11:30-12pm)** | Tuna pasta bake (tri- colour pasta, sweetcorn, broccoli and cheddar cheese)  **ALLERGENS: 2, 5, 7, 9 & 14** | Chicken and potato pie (carrot, leek and cheddar cheese)  **ALLERGENS: 2, 7, 9 & 14** | Minted lamb and potato hotpot (carrot, broccoli, sweet potato, cauliflower) | Chicken paella (rice, onion, pepper, tomatoes)  **ALLERGENS: 2 & 13** | Fish fingers, mashed potato and baked beans  **ALLERGENS: 2 & 5** |
| Strawberries/raspberries tortilla cheese ‘cake’  **ALLERGENS:2 & 7** | Berry flapjack with natural yoghurt, oats and milk  **ALLERGENS: 2 & 7** | Rice pudding with sliced pear  **ALLERGENS: 2 & 7** | Deconstructed apple cake: grated apple, yoghurt, raisins & oats  **ALLERGENS: 2 & 7** | Banana bread muffins with custard  **ALLERGENS: 2, 7** |
| **Afternoon Snack**  **(2-2:30pm)** | Vegetable platter, e.g.: carrots, radish, beetroot, cucumber, tomatoes | Crackers with cream cheese and cucumber sticks  **ALLERGENS: 2 & 7** | C:\Users\GeorgiaLeech\Downloads\melon.pngSliced melon | Hummus and crackers/ rice cakes  **ALLERGENS: 2 & 12** | Pitta with mackerel and cream cheese dip  **ALLERGENS: 2, 4 & 7** |
| **Tea**  **(4-4:30pm)** | Sweet and sour chicken (pineapple, green beans, carrots, peas, sweetcorn, broad beans) with rice | Peruvian rice (minced beef, onion, carrot, peppers & tomatoes)  **ALLERGENS: 2 & 13** | Salmon fishcakes, mashed potato, peas and sweetcorn  **ALLERGENS: 2 & 5** | Cheesy bean and potato pie (onion & tomatoes)  **ALLERGENS: 7** | Chicken pasta bake (pasta, carrot, leek & cheddar cheese)  **ALLERGENS: 2, 7, 9 & 14** |
| Homemade frozen berry yoghurt  **ALLERGENS: 7** | Sliced pear | C:\Users\GeorgiaLeech\Downloads\peach.pngSliced peach  /nectarine | Sliced melon | Sliced apple |

**Drinks**

* **Milk is offered with breakfast and snacks**
* **Water is available throughout the day and is offered with all meals and snacks**

**Meals and snacks highlighted in yellow are created by children as part of a cooking activity**



**Allergens**

**1- Celery 2- Cereals that contain gluten 3- Crustaceans**

**4- Eggs 5- Fish 6- Lupin**

**7- Milk 8- Molluscs 9- Mustard**

**10- Tree nuts 11- Peanuts 12- Sesame seeds**

**13- Soybeans 14- Sulphur dioxide and sulphites**

**=Starchy foods**

**=Fruits and vegetables**

**=Protein foods**

**=Dairy and alternatives**

****

**Week 3- Winter Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast**  **(8am-9am)** | Banana bread muffins with yoghurt  **ALLERGENS: 2, 4 & 7** | Porridge with berries and milk  **ALLERGENS: 2 & 7** | Rice Crispies**/**Cornflakeswith milk and clementines  **ALLERGEN: 2 & 7** | Weetabix made with milk and sliced apple  **ALLERGENS: 2 & 7** | Berry overnight oats with natural yoghurt  **ALLERGENS: 2 & 7** |
| **Morning Snack**  **(10am-10:30am)** | Pitta, mackerel & cream cheese dip and pepper & cucumber sticks  **ALLERGENS: 2, 5 & 7** | Banana, cream cheese & rice cakes    **ALLERGENS: 2 & 7** | Vegetable pizza (tortilla, cheese, tomato and sweetcorn)  **ALLERGENS: 2, 7 & 13** | Sliced pear and bread sticks  **ALLERGENS: 2** | C:\Users\GeorgiaLeech\Downloads\pepper.pngPepper sticks |
| **Lunch**  **(11:30-12pm)** | Sweet and sour chicken (pineapple, green beans, carrots, peas, sweetcorn, broad beans) with rice | Cheesy bean and potato pie (onion & tomatoes)  **ALLERGENS: 7** | Peruvian rice (minced beef, onion, carrot, peppers & tomatoes)  **ALLERGENS: 2 & 13** | Salmon fishcakes, mashed potato, peas & sweetcorn  **ALLERGENS: 2 & 5** | Chicken pasta bake (pasta, carrot, leek & cheddar cheese)  **ALLERGENS: 2, 7, 9 & 14** |
| Sliced orange | Mashed banana & natural yoghurt  **ALLERGENS: 7** | Berries and custard  **ALLERGENS: 7** | Sliced orange | Rice pudding with mashed peaches  **ALLERGENS: 7** |
| **Afternoon Snack**  **(2-2:30pm)** | Crackers with sliced plums  **ALLERGENS: 2** | Mackerel and cream cheese dip & cucumber sticks  **ALLERGENS: 5 & 7** | Sliced orange | Cheddar cheese sticks with clementines  **ALLERGENS: 7** | Wholemeal pitta fingers with natural yoghurt and sliced pear  **ALLERGENS: 2 & 7** |
| **Tea**  **(4-4:30pm)** | Fish pie (salmon, pollock, carrot, potatoes, cheddar cheese)  **ALLERGENS: 2, 5, 7, 9 & 14** | Chicken curry (carrot, tomatoes, cauliflower, red lentils, sweet potato) naan bread & mango chutney  **ALLERGENS: 2, 7 & 13** | Roast chicken with roast potatoes, carrots, peas and gravy | Beef bolognaise (onion, peppers, carrot, apple & tomato) with pasta  **ALLERGENS: 2** | C:\Users\GeorgiaLeech\Downloads\plum.pngGreen lentil and vegetable (mixed peppers, broccoli, carrot) goulash with jacket potato  **ALLERGENS: 2, 7 & 13** |
| Sliced melon | Sliced oranges | Sliced melon | Sliced apple | Sliced plum |

**Drinks**

* **Milk is offered with breakfast and snacks**
* **Water is available throughout the day and is offered with all meals and snacks**

**Meals and snacks highlighted in yellow are created by children as part of a cooking activity**



**Allergens**

**1- Celery 2- Cereals that contain gluten 3- Crustaceans**

**4- Eggs 5- Fish 6- Lupin**

**7- Milk 8- Molluscs 9- Mustard**

**10- Tree nuts 11- Peanuts 12- Sesame seeds**

**13- Soybeans 14- Sulphur dioxide and sulphites**

**=Starchy foods**

**=Fruits and vegetables**

**=Protein foods**

**=Dairy and alternatives**