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**Week 1- Winter Menu**

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|  | **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**

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**Week 2- Winter Menu**

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|  | **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**

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**Allergens**

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**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**

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**Week 3- Winter Menu**

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| --- | --- | --- | --- | --- | --- |
|  | **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**

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**Allergens**

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

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

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 **=Starchy foods**

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 **=Protein foods**

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