

Menu

Winter 2017



Week 1

Day	Breakfast	Snack	Lunch	Snack	Tea	Snack
Mon	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Chargrilled Chicken Or Tofu/Quorn Veg Served In A Chasseur Sauce Served With Braised Rice, Carrots, Broccoli, Fine Green Beans Homemade Apple Cake And Custard FSA Allergy List 1,2,7,9	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Chicken goujons, baked beans, bread and butter Lemon Slice	
Tues	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Slow Cooked Lamb Ragu Or Lentils And Red Pepper Ragu Veg Finished With Fresh Mint And Served With Penne Pasta, Cauliflower, Peas And Savoy Cabbage Homemade Roasted Smoked Garlic Focaccia Orange And Poppy Seed Cup Cakes FSA Allergy List 1,2,4,7,	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Turkey rolls cucumber and tomato salad Gingerbread Men	
Wed	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Chunky Beef Stew Or Roasted Vegetable And Quorn Stew Veg Served With Parsley Dumplings, Rosemary Roast Potatoes And Seasonal Vegetables Plum And Pear Crunch Cake FSA Allergy List 1,2,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Ham, boiled eggs and potato waffles Fruit Tarts	
Thurs	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Creamy Turkey Or Creamy Quorn Veg And Caramelized Leek Stroganoff Served With Braised Rice, Crinkle Cut Carrots, Petit Pois, Curly Kale And Homemade Tiger Bread Homemade Custard Creams FSA Allergy List 1,2,7,9	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Dairy lea wraps with vegetable sticks Fruit Yoghurts	
Fri	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Homemade Fish Fingers Veg Served With Oven Baked Potato Wedges Homemade Alphabet Spaghetti With Hidden Vegetables, Peas And Corn Sticky Ginger Bread FSA Allergy List 1,2,4,5,7,13	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Cocktail sausages spaghetti Bread and butter Malt Loaf	

Water Is Available Throughout The Day, All Fruit Juice Is Diluted 50/50. Foods Highlighted Indicate - Pink = Protein Foods, Yellow = Starchy Foods, Green = Fruits And Vegetables, Blue = Dairy Foods, Purple = Deserts. Veg = Vegetarian Alternative Available.

All Dietary Requirements Are Catered For Wherever Possible. Menu Is Subject To Change Depending On The Availability Of Ingredients, Seasonal Vegetables Are Used Although Substitutions May Be Made Where They Are Not Available.

Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten(Ngci)- Crustaceans, 4 - Eggs, 5 - Fish, 6 - Lupin, 7 - Milk, 8 - Molluscs, 9 - Mustard, 10 - Nuts, 11 - Peanuts, 12 - Sesame Seeds, 13 - Soya, 14 - Sulphur Dioxide

Menu

Winter 2017



Week 2

Day	Breakfast	Snack	Lunch	Snack	Tea	Snack
Mon	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Lamb And Rosemary Sausages Or Vegetarian Sausages VEG Served With Potatoes And Seasonal Vegetables And A Red Current Gravy Marbled Chocolate Cookies FSA Allergy List 1,2,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Fish fingers baked beans with bread and butter Angel cake	
Tues	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Creamy Turkey Fricassee Or Creamy Quorn Fricassee Veg Served With Braised Rice, Crinkle Cut Carrots, Petit Pois And Curly Kale Tiger Bread Steamed Sponge And Custard FSA Allergy List 1,3,4,5	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Dairy lea sandwiches with vegetable sticks Strawberry mousse	
Wed	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Haddock Goujons Veg In A Garlic Panko Crumb, Served With Creamy Mashed Potatoes, Peas, Sweet Corn And A Child Friendly Tartar Sauce Homemade Cherry And Vanilla Swiss Roll FSA Allergy List 1,2,5,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Pasta vegetable salad with turkey slices Malt loaf	
Thurs	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Homemade Beef And Onion Meat Balls Or Vegetable And Lentil Balls VEG Served With Penne Pasta , Mixed Vegetables In A Tomato Sauce With Homemade Ciabatta Bread Sticky Ginger Cake FSA Allergy List 1,2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Pitta humus dip with selection vegetable sticks Fruit yoghurt	
Fri	A Choice Of Toasted Bread And Spreads, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Chicken Korma Or Qourn/Tofu Korma Veg Served With Peas, Cauliflower, Spinach, Braised Rice And Homemade Paratha Bread All Butter Short Bread Fingers FSA Allergy List 1,2,4,14	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Ham cheese rolls with tomatoes and peppers Banana cake	

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Week 3

Menu

Winter 2017



Day	Breakfast	Snack	Lunch	Snack	Tea	Snack
Mon	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Poached Fish Veg Served In A Lemon And Dill Sauce With Homemade Oven Baked Crinkle Cut Potato Wedges, Peas And Carrots Carrot Cake With Cream Cheese Topping FSA Allergy List 1, 2, 4, 7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Cheese wraps with cucumber and tomato salad Fruity Yoghurt Fruit Tarts	
Tues	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Beef Bolognaise Or Vegetable And Quorn Bolognaise Veg Served With Wholemeal Spaghetti Pasta, Mixed Vegetables And Homemade Garlic Focaccia Bread Homemade Jelly And Custard FSA Allergy List 1,2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Ham, boiled eggs and potato waffles Gingerbread Men	
Wed	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Turkey Chilli With Pinto Beans Or Tofu Chilli With Pinto Beans Veg Served With Rice ,Peas And Corn And Oven Baked Tortilla Crisps Courgette And Lemon Cake FSA Allergy List 1,2,4,7,14	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Pitta humus dip with selection vegetable sticks Malt loaf	
Thurs	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Homemade Pork And Tomato Sausages Or Leek And Cheddar Sausages VEG Served With Sautéed Potatoes, Seasonal Vegetables And Homemade Red Current And Oregano Gravy Banana Crackle Tops FSA Allergy List 1,2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Chicken goujons, baked beans, bread and butter Banana Cake	
Fri	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Chargrilled Chicken In A Caramelized Leek And Chive Sauce Or Chargrilled Quorn/Tofu In A Caramelized Leek And Chive Sauce VEG Served With Mashed Potatoes, Winter Cabbage Broccoli, Carrots Homemade Cupcake Selection FSA Allergy List 1,2,4,7,14	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Cheese tomato pizza with vegetable sticks Angel Delight	

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Menu

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Week 4

Day	Breakfast	Snack	Lunch	Snack	Tea	Snack
Mon	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Chunky Beef Goulash Or Tofu And Pumpkin Goulash Veg Served With Paprika Dumplings Hungarian Potatoes Fine Green Beans, Broccoli And Cabbage Banana And Date Bread FSA Allergy List 2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Ham cheese rolls with tomatoes and peppers Angel cake	
Tues	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Cod With A Garlic And Lemon Sauce Finished With Fresh Parsley Veg Served With Rigatoni Pasta, Petit Pois, Broccoli And Olive Focaccia Rhubarb And Custard Cake FSA Allergy List 1,2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Fish fingers baked beans with bread and butter Banana cake	
Wed	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Parmesan And Parsley Breaded Turkey Escalope Or Parmesan And Parsley Breaded Quorn Fillet Served With Sautéed New Potatoes, Broccoli And Carrots And Corn With A Sweet Pepper And Tomato Sauce Garibaldi Biscuits FSA Allergy List 1,2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Pasta vegetable salad with turkey slices Fruit Tarts	
Thurs	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Chicken In Parsley And Parmesan Cream Or Quorn/Fish In Parsley And Parmesan Cream Veg Served With Brown Rice, Broccoli, Crinkle Cut Carrots And Peas Pineapple Upside-Down Cake With Red Cherries FSA Allergy List 1,2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Cheese wraps with cucumber and tomato salad Fruit yoghurt	
Fri	A Choice Of Toasted Breads And Spreads, Homemade Pancakes, Eggs, Porridge, Cereals With Milk And A Selection Of Fresh Fruit	Fresh Fruit Platter	Lamb And Pearl Barley Cobbler Or Lentil And Roasted Root Vegetable Cobbler VEG Served With Rosemary Roast Potatoes, Winter Cabbage , Crinkle Cut Carrots And Sweet Corn Marbled Chocolate Orange Loaf FSA Allergy List 1,2,4,7	Fresh Fruit, Vegetable, Cheese And Cracker Platter	Chicken goujons baked beans bread and butter Malt loaf	

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