

Week starting:

03/10 28/11 30/01 27/03
31/10 02/01 27/02

WINTER MENU

Week 1



	Breakfast	Lunch	Tea
Monday	Variety of cereals Toast Fresh fruit	Beef Stroganoff with potatoes Natural Greek yogurt Berry compote	Homemade Vegetable soup served with bread and butter Apple cake
Tuesday	Variety of cereals Toast Fresh fruit	Toad in the hole Served with seasonal vegetables Ice cream and wafer	Homemade cheese scones Served with carrot sticks (children to make scones) Fruit
Wednesday	Variety of cereals Toast Fresh fruit	Vegetable goujons, chips and baked beans Sticky Toffee Pudding With custard	Broccoli and potato bake Grapes and Cheese
Thursday	Variety of cereals Toast Fresh fruit	Homemade fish pie Served with peas Fruit Salad	Crumpets with marmite Served with peppers Jam coconut sponge
Friday	Variety of cereals Toast Fresh fruit	Chicken hotpot with sweet potato mash Fromage Frais	Beans on toast Homemade biscuits

Week starting:

10/10

05/12

06/02

07/11

09/01

06/03

WINTER MENU**Week 2**

	Breakfast	Lunch	Tea
Monday	Variety of cereals Toast Fresh fruit	Hidden Vegetable Pasta Fruit	Jacket potatoes with beans Shortbread Biscuits (children to make)
Tuesday	Variety of cereals Toast Fresh fruit	Chicken Roast Dinner Courgette cake	Homemade quiche Loraine with salad Fruit
Wednesday	Variety of cereals Toast Fresh fruit	Ham and sweetcorn risotto Cinnamon poached pears With crème fraiche	Tomato soup With croutons Fromage Frais
Thursday	Variety of cereals Toast Fresh fruit	Spaghetti Bolognese Served with green beans Apple crumble and custard	Cheese and courgette muffins Yogurt
Friday	Variety of cereals Toast Fresh fruit	Fish fingers and chips with peas Fruit	Scrambled egg and toast Ginger cake

Week starting:

17/10

12/12

13/02

14/11

16/01

13/03

WINTER MENU

Week 3



	Breakfast	Lunch	Tea
Monday	Variety of cereals Toast Fresh fruit	Tuna and vegetable pasta Fruit	Homemade hummus with vegetables and pitta bread Sponge Cake
Tuesday	Variety of cereals Toast Fresh fruit	Cottage pie served with broccoli Fruit cookies	Tomato pasta Yogurt
Wednesday	Variety of cereals Toast Fresh fruit	Chicken Cobbler Winter berry cheesecake	Homemade leek and potato soup Served with crusty bread Fruit
Thursday	Variety of cereals Toast Fresh fruit	Vegetable and chickpea Curry with rice Fruit Skewers (children to make)	Jacket potato with cheese Carrot cake
Friday	Variety of cereals Toast Fresh fruit	Sausages and mash in gravy served with seasonal vegetables Raisin flapjack	English Muffins and Cheese with cucumbers Fromage Frais

Week starting:

24/10

19/12

20/02

21/11

23/01

20/03

WINTER MENU

Week 4



	Breakfast	Lunch	Tea
Monday	Variety of cereals Toast Fresh fruit	Chinese chicken curry with Noodles Brownies	Homemade sausage rolls with baby new potatoes Fruit
Tuesday	Variety of cereals Toast Fresh fruit	Fish Cakes with Wedges and Baked Beans Rice pudding	Macaroni Cheese Yogurt
Wednesday	Variety of cereals Toast Fresh fruit	Beef lasagne with hidden vegetables Fruit	Crumpets with marmite and vegetable sticks Apple cake
Thursday	Variety of cereals Toast Fresh fruit	Ham and leek potato bake Ice Cream	Minestrone soup Fromage Fruits
Friday	Variety of cereals Toast Fresh fruit	Oriental Vegetable Fried Rice Carrot muffins (children to make)	Spanish Omelette Fruit