

Week 3 - Winter		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST choose from a variety of Cereals e.g. Weetabix, rice krispies, cornflakes, porridge served with buttered toast milk and water						
MORNING SNACK	FOOD	Pear and Plain pancakes	Fresh Fruit Selection Warm Toasted Butter Muffins	Apples, bananas and Pears with Toast	Warm Pitta Bread with Soft Cheese and Carrot Sticks	Raisins and pears with plain rice cakes
	Allergies	Wheat, Gluten, Soya, Dairy	Wheat, Gluten, Soya, Dairy,	Wheat, Gluten, Soya, Dairy,	Wheat, Gluten, Soya, Dairy	
	DRINKS	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk
LUNCH	FOOD (include ingredients)	Chickpea and Vegetable curry with basmati rice and naan bread	Turkey Shepherd Pie with Crusty French bread and a side salad	Traditional Fisherman's Pie peas, carrots	Home Roasted Chicken with Crunchy Roast Potatoes, Swede and Broccoli	Homemade Cheese and Onion Pie with Broccoli and Carrots
	VEGETARIANS	Same	Quorn Cottage Pie	Vegetable pie	Quorn Chicken Pieces	Same
		Main ingredients: carrots, chickpeas, sweet potatoe, fresh herbs, potatoes	Main ingredients: Turkey mince, garlic, onion potatoes, stock cube, herbs mixed vegetables, cheese	Main ingredients: Coley, garlic, onion, peas mushroom, potatoes	Main ingredients: Chicken, Potatoes onions, garlic, herbs	Main ingredients: potatoes, onions, garlic fresh herbs, cheese, pastry
	DESSERT	Cinnamon and Banana Rice Pudding	Fruit Yogurt	Spotted Dick with Custard	Jelly	Vanilla Semolina with Raisins
	Allergies	Bananas, Dairy	Dairy	Dairy, Wheat, Eggs, Gluten		Gluten, Dairy, Wheat
DRINKS	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/Milk	Water/Milk	
LIGHT AFTERNOON TEA	FOOD	Vegetable Soup with crusty bread	Sausage and Chopped Spaghetti with a slice of Wholemeal Bread	Vegetable Wholemeal Pasta Bake	Jacket potato with tuna and sweetcorn	Fish Fingers and Baked Beans
		Main Ingredients Carrots, potatoe, peas, onion, swede, tomato puree		Main Ingredients homemade pasta sauce, pasta, tomato puree, onions, garlic mixed vegetables		
	Allergies	Gluten, Wheat, Tomato Mustard	Tomatoes, Gluten, Wheat	Gluten, Wheat	Fish	Wheat, Gluten, Tomato, Fish
	VEGETARIANS	Same	Vegetarian sausages	Same	Same	Same
DRINKS	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk	Water/whole Milk	

For children with egg, gluten and dairy allergies, their food will be the same but without the allergic ingredient.

**All meals are served with fruit or vegetables which is part of the children's 5 a day
We use an GMO Vegetable and Soya bean oil or Olive oil, rapeseed blend and Sunflower Oil
Our Raisins may contain Sulphites**