

Winter Menu - Week 1

1 - 5 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of low sugar cereal or toast (non-gluten or dairy options available) Fresh fruit available every day				
Morning snack	Cream crackers and tasty banana slices	Rice cakes served with fresh juicy apple slices	Wholemeal crackers served with soft peach slices	Chunky bread sticks and crunchy carrot batons served with homemade cheesy dip	Crispy crispbread with spread served with vegetable sticks
Lunch	Flat bread served with fresh cucumber salsa *** Homemade chilli with rice served with sweetcorn and peas	Roast of the week served with a selection of seasonal vegetables and gravy	Salmon and broccoli pasta bake in a white sauce served with tasty garlic bread	Smokey vegetable jambalaya served with nachos triangles	Warming chicken stew with dumplings served with smooth mash potatoes and seasonal vegetables
Pudding	Fresh fruit basket	Homemade date flapjack	Banana custard	Melon medley platters	Vanilla yoghurts served with pear puree
Afternoon Tea	Cheesy potato wedges served with a selection of vegetable sticks	Spinach and red pepper pastry pinwheels with carrot batons	Chicken & sweetcorn mayonnaise sandwiches and tuna sandwiches with cucumber batons	Hopsy pasta bake	Cheesy crumpets served with pepper sticks
	Petit Filous	Fresh fruit basket	Juicy orange slices and crunchy grapes	Apple & rhubarb fool	Fresh fruit platter
Babies Snack	Mashed banana	Apple puree	Soft peaches	Carrot puree	Crushed blueberries
Babies Tea	Beef and vegetable casserole	Chicken dinner	Salmon with sweet potato and broccoli	Roasted vegetable and lentil risotto	Country chicken with vegetables
Babies Lunch	Crushed blueberries	Orange segments	Banana with custard	Apple puree	Soft pears
Babies Tea	Vegetable and sweet potato cottage pie	Tuna and sweetcorn with jacket potatoes	Creamy pasta shells with spinach	Lamb casserole	Pork and apple casserole
	Mango puree	Crushed strawberries	Fruit pot	Apple puree	Mashed banana

Gluten and Dairy Free options available, please talk to your Manager for further information. This menu is to be used as a guide only, meals may be changed at any time and is at the discretion of the Manager and Cooks. Afternoon tea is provided as a light snack and does not replace the enjoyment of sharing a family evening meal. If you have any questions relating to the above please contact the Manager.

Winter Menu - Week 2

1 - 5 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of low sugar cereal or toast (non-gluten or dairy options available) Fresh fruit available every day				
Morning snack	Crispbread with spread and a selection of vegetable sticks	Cream cracker & banana slices	Bread sticks served with homemade houmous and cucumber batons	Wholemeal cracker and peach slices	Rice cakes and apple slices
Lunch	Fish in a mediterranean sauce with garlicky new potatoes and green beans	Butternut squash macaroni cheese served seasonal green vegetables with garlic bread	Vegetable biryani served with naan bread	Roast of the week with seasonal vegetables	Bruschetta *** Spaghetti bolognaise with garden peas
Pudding	Seasonal fruit platter	Natural yoghurt with honey	Mandarin jelly	Stewed cinnamon apple & sultana with ice cream	Fresh fruit basket
Afternoon Tea	Hopsy baguette platter with cheese fingers, cucumber, carrots and grapes	Jacket potatoes with BBQ beans	Cheese and marmite pinwheel served with tomatoes and peppers sticks	Selection of wraps served with vegetable sticks	Homemade pizza muffins served with sweetcorn
	Vanilla Yogurt and berry medley	Melon platter	Vanilla yoghurt with banana slices	Petit Filous	Hopscotch cookies
Babies Snack	Crushed blueberries	Mashed banana	Carrot puree	Soft peaches	Apple puree
Babies Tea	Cod in cheese sauce	Butternut squash and pea risotto	Shepherds pie	Chicken dinner	Spaghetti bolognaise
Babies Lunch	Mashed banana	Mango puree	Crushed strawberries	Orange segments	Apple puree
Babies Tea	Pork and winter vegetable casserole	Beef cottage pie	Cheese and potato bake	Root vegetable and lentil gratin	Country chicken with beans
	Apple puree	Fruit pot	Crushed blueberries	Mashed banana	Soft pears

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Winter Menu - Week 3

1 - 5 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of low sugar cereal or toast (non-gluten or dairy options available) Fresh fruit available every day				
Morning snack	Rice cakes and apple slices	Wholemeal cracker and peach slices	Crispbread with spread and Vegetable sticks	Bread sticks served with mild curry dip and red pepper slices	Cream cracker & banana slices
Lunch	Homemade shepherds pie served with seasonal vegetables	Poppadom's with mango chutney *** Vegetable and sweet potato curry served with boiled rice	Roast of the week with seasonal vegetables	Chicken & leek pasta bake served with sweetcorn and peas	Homemade fish pie with a crunchy topping served with sliced carrots and green beans
Pudding	Vanilla yoghurt with apricot puree	Winter pear crumble with custard	Fresh fruit basket	Fruit flummery	Homemade fresh fruit salad
Afternoon Tea	Tomato and spinach pasta bake	Cheese and chives scones served with cucumber batons	Cheese sandwiches & tuna mayonnaise sandwiches served with carrot batons	Beef koftas in pitta pockets served with homemade tomato sauce	Beans on toast
	Seasonal fruit platter	Selection of melon	Vanilla yoghurt with strawberry puree	fruit basket	Petit Filous selection
Babies Snack	Apple puree	Soft peaches	Orange segments	Crushed blueberries	Mashed banana
Babies Tea	Lamb and tomato hotpot	Broccoli and cauliflower cheese	Roast chicken dinner	Beef and bean casserole	Cod and vegetable risotto
Babies Lunch	Apple puree	Mashed banana	Soft pears	Fruit pot	Mango puree
Babies Tea	Creamy pasta shells with spinach	Turkey and vegetable casserole	Salmon and broccoli pie	Pork with winter vegetables	Bean and vegetable medley
	Crushed blueberries	Apple puree	Crushed strawberries	Mashed banana	Apple puree

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