

Menu - Winter Term (Dec - Feb)

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Week 1 Menu

	Breakfast	Lunch	Vegetarian Option	Pudding	Snack	Tea
Monday	Cornflakes or Rice Krispies and melon	Lamb, cauliflower and spinach curry with rice and peas	Quorn, cauliflower and spinach curry with rice and peas	Spotted dick and custard with sliced banana	Wholemeal pitta fingers with cucumber sticks and hummus	Crackers, cheese and a Mexican bean pate with fromage frais and a fresh fruit platter
Tuesday	Porridge and apple fingers	Pork, mushroom and sweet pepper bake	Chickpea, aubergine, mushroom and sweet pepper bake	Spiced rice pudding and fruit puree	Breadsticks and soft cheese with pepper sticks	Homemade vegetable & lentil soup with a baguette and roll variety and a fresh fruit platter
Wednesday	Toast with spread and banana	Mixed bean, chunky tomato and oregano pasta bake	Mixed bean, chunky tomato and oregano pasta bake	Natural yoghurt and fresh fruit	Corn thins with carrot sticks and a yoghurt and mint dip	Homemade pizza with chargrilled vegetables and sultana scones with a fresh fruit platter
Thursday	Malted wheats and orange slices	Fish pie and mixed vegetables in a parsley sauce	White bean and mixed vegetable pie in a parsley sauce	Jelly and pineapple rings	Oatcakes with mild cheese spread and celery sticks	Bagels with a tomato salsa side, rolled cucumber in turkey and a fresh fruit platter
Friday	Weetabix with dried chopped apricots	Roast chicken with a baked potato, mixed vegetables and cheesy beans	Baked potatoes with cheesy beans and mixed vegetables	Fruity semolina	Rice crackers with a tzatziki dip and tomato slices	Pittas with soft cheese and salad vegetables, malt loaf with a fresh fruit platter

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Week 2 Menu

	Breakfast	Lunch	Vegetarian Option	Pudding	Snack	Tea
Monday	Weetabix with dried chopped apricots	Chicken in a sage gravy with boiled potatoes and mixed vegetables	Lentil stew	Winter fruits with ice cream	Rice crackers with a tzatziki dip and tomato slices	Tuna crunch sandwiches and cheese slices with a beetroot dip and a fresh fruit platter
Tuesday	Cornflakes or Rice Krispies and melon	Beef and seasonal vegetable bake with fusilli pasta	Mixed vegetable and bean bake with fusilli pasta	Maple and date cake with custard and apple fingers	Wholemeal pitta fingers with cucumber sticks and hummus	Muffins, tomatoes rolled in ham and fromage frais with a fresh fruit platter
Wednesday	Porridge and apple fingers	Turkey cobbler with fresh vegetables	Quorn cobbler with fresh vegetables	Banana and cream flan with a cocoa dusting	Breadsticks with cheese slices and carrot sticks	Homemade tomato, chickpea and sweet pepper soup with a baguette and roll variety and a fresh fruit platter
Thursday	Toast with spread and banana	Vegetable and lentil ratatouille	Vegetable and lentil ratatouille	Custard with dipping fruit fingers	Corn thins with pepper sticks and a yoghurt and mint dip	Turkey salad finger rolls and cheese and pineapple with a fresh fruit platter
Friday	Malted wheats and orange slices	Pork, spinach and vegetable lasagne	Quorn, spinach and vegetable lasagne	Chopped apricot sponge with peach slices	Oatcakes with mild cheese spread and celery sticks	Chicken, salad and sweetcorn wraps with a fresh fruit platter and yoghurt coulis dip

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Week 3 Menu

	Breakfast	Lunch	Vegetarian Option	Pudding	Snack	Tea
Monday	Malted wheats and orange slices	Minted lamb hotpot	Minted vegetable and cannellini bean hotpot	Apple crumble and cream with apple fingers	Oatcakes with mild cheese spread and celery sticks	Tomatoes and cheese on toast with courgette and lime cakes and a fresh fruit platter
Tuesday	Weetabix with dried chopped apricots	Fish and mixed vegetables with spaghetti in a dill sauce	Quorn chow mien	Jelly and fresh fruit cocktail	Rice crackers with a tzatziki dip and pepper sticks	Ham and tomato relish muffins and cheese sticks with a fresh fruit platter
Wednesday	Cornflakes or Rice Krispies and melon	Beef, mixed bean and vegetable stroganoff	Mixed bean and vegetable stroganoff	Syrup sponge and custard with banana and kiwi slices	Wholemeal pitta fingers with cucumber sticks and hummus	Crumpets, tomatoes rolled in turkey, fromage frais and a fresh fruit platter
Thursday	Porridge and apple fingers	Chicken, butternut squash and pea risotto	Butternut squash and pea risotto	Natural yoghurt and pineapple pieces	Breadsticks with cheese and tomato slices	Homemade seasonal vegetables & coriander soup with a baguette and roll variety and a fresh fruit platter
Friday	Toast with spread and banana	Cheese and onion pie with mixed vegetables and soya beans	Cheese and onion pie with mixed vegetables and soya beans	Rice pudding and fruit puree	Corn thins with carrot sticks and a yoghurt and mint dip	Chicken and sweetcorn mayonnaise rolls and fruity fairy cakes with a fresh fruit platter

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Week 4 Menu

	Breakfast	Lunch	Vegetarian Option	Pudding	Snack	Tea
Monday	Toast with spread and banana	Mexican bean lasagne	Mexican bean lasagne	Peach fool ripple with a digestive sprinkling	Corn thins with carrot sticks and a yoghurt and mint dip	A selection of soft cheese and pepper / turkey and cucumber pittas, malt loaf with a fresh fruit platter
Tuesday	Malted wheats and pear fingers	Cottage Pie with cabbage	Haricot bean and vegetable pie with cabbage	Ginger and orange cookies with clementine segments	Oatcakes with mild cheese spread and celery sticks	Potato cakes, cucumber rolled in chicken slices with a fresh fruit platter and yoghurt coulis dip
Wednesday	Weetabix with dried chopped apricots	Turkey and basil meatballs in a chunky tomato sauce with spaghetti	Quorn and basil meatballs in a chunky tomato sauce with spaghetti	Peaches and ice cream	Rice crackers with a tzatziki dip and tomato slices	Ham and cucumber rolls, fruity flapjack and a fresh fruit platter
Thursday	Cornflakes or Rice Krispies and melon	Pork, sage and onion casserole with apple sauce	Mushroom and lentil casserole	Lemon drizzle cake and custard with raspberries	Wholemeal pitta fingers with cucumber sticks and hummus	Fruity bean cous cous and fromage frais with a fresh fruit platter
Friday	Porridge and apple fingers	Spicy lamb and rice	Spicy beans and rice	Stewed rhubarb, pear and vanilla with a light biscuit crumble & cream	Breadsticks and soft cheese with pepper sticks	Homemade chicken and tarragon soup with a baguette and roll variety and a fresh fruit platter