



MENU

winter 2022 

| Week 1 | MORNING SNACK | DINNER | DESSERT | AFTERNOON TEA |
|-----------|--|---|---|--|
| MONDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Classic lasagne served with roasted Mediterranean vegetables and a side of garlic bread Vegetarian option: Quorn mince</i> | <i>Fresh fruit platter</i> | <i>Baked ham and cheese croissants with cherry tomatoes Vegetarian option: no ham</i> |
| TUESDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Coconut fish and spinach curry served with brown rice and naan bread Vegetarian option: Quorn pieces</i> | <i>Snowy chocolate crackle biscuits</i> | <i>Homemade sausage rolls with coleslaw Vegetarian option: meat-free sausage rolls</i> |
| WEDNESDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Garlic and herb chicken served with seasonal mixed vegetables and new potatoes Vegetarian option: Quorn fillet</i> | <i>Baked apples with custard and raisins</i> | <i>Tomato and orzo pasta soup with bread and butter</i> |
| THURSDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Cauliflower and broccoli cheese bake served with a crusty bread roll</i> | <i>Winter fruit compote with natural yogurt</i> | <i>Mixed potato wedges with 'Tex-Mex' beans</i> |
| FRIDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Sausage and creamy mash with onion gravy served with garden peas Vegetarian option: Quorn sausage</i> | <i>Spiced banana loaf</i> | <i>A selection of filled rolls with vegetable sticks</i> |



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| Week 2 | MORNING SNACK | DINNER | DESSERT | AFTERNOON TEA |
|-----------|---|--|--|--|
| MONDAY | <i>A selection of fresh fruit, vegetables crudité's and a variety of healthy savoury snacks</i> | <i>Pasta Bolognese with hidden vegetables served with garlic bread Vegetarian option: Quorn mince</i> | <i>Mixed berry yogurt</i> | <i>Toasted flatbreads with falafels, houmous and pepper sticks</i> |
| TUESDAY | <i>A selection of fresh fruit, vegetables crudité's and a variety of healthy savoury snacks</i> | <i>Butternut squash, spinach and lentil dahl served with brown rice and naan bread</i> | <i>Cranberry and white chocolate flapjacks</i> | <i>Jacket potatoes with baked beans</i> |
| WEDNESDAY | <i>A selection of fresh fruit, vegetables crudité's and a variety of healthy savoury snacks</i> | <i>Roast of the day with all trimmings Vegetarian option: Quorn sausage</i> | <i>Bananas and custard</i> | <i>Ham and pineapple pizza baguettes with vegetable sticks Vegetarian option: mushroom</i> |
| THURSDAY | <i>A selection of fresh fruit, vegetables crudité's and a variety of healthy savoury snacks</i> | <i>Chicken and vegetable chow mein with a side of vegetable spring rolls Vegetarian option: Quorn pieces</i> | <i>Creamy rice pudding with spiced apple compote</i> | <i>Tuna and cheese puffs with sweetcorn Vegetarian option: tomato and cheese</i> |
| FRIDAY | <i>A selection of fresh fruit, vegetables crudité's and a variety of healthy savoury snacks</i> | <i>Fish pie with a mashed potato topping served with garden peas Vegetarian option: Quorn pieces</i> | <i>Fresh fruit salad with cream</i> | <i>Build-your-own-sandwich bar with vegetable crudité's</i> |



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winter 2022 

| Week 3 | MORNING SNACK | DINNER | DESSERT | AFTERNOON TEA |
|-----------|--|--|---|--|
| MONDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Tuna and broccoli pasta bake with a side of garlic bread Vegetarian option: no tuna</i> | <i>Fruit salad with Greek yogurt</i> | <i>Cheese and Marmite pinwheels with cherry tomatoes</i> |
| TUESDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Lamb and vegetable tagine with herby cous cous Vegetarian option: no lamb</i> | <i>Pear and winter berry crumble with cream</i> | <i>Fish finger sandwiches with vegetable sticks Vegetarian option: Vegetable fingers</i> |
| WEDNESDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Traditional cottage pie topped with fluffy mash with a side of green beans Vegetarian option: Quorn mince</i> | <i>Spiced plum Eton mess</i> | <i>Mixed beans with toasted muffins</i> |
| THURSDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Chicken, leek and root vegetable casserole served with new potatoes Vegetarian option: Quorn pieces</i> | <i>Natural yoghurt with a fruit compote</i> | <i>Selection of wraps with vegetable crudités</i> |
| FRIDAY | <i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i> | <i>Mixed vegetable and bean chilli served with fluffy rice and sweetcorn</i> | <i>Homemade gingerbread biscuits</i> | <i>Ploughman's platter</i> |