



MENU

winter 2023 

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>Cauliflower macaroni cheese bake topped with breadcrumbs and served with a side of broccoli</i>	<i>Fresh fruit platter</i>	<i>A selection of filled rolls with vegetable crudités</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: Chickpeas</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>Chicken stew with seasonal vegetables and roasted new potatoes Vegetarian option: meat-free pieces</i>	<i>Baked apples with custard and raisins</i>	<i>Tuna and sweetcorn pasta salad Vegetarian option: mixed vegetable pasta salad</i>
THURSDAY	<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: green Lentils</i>	<i>Winter fruit compote with natural yoghurt</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: meat-free sausage</i>	<i>Spiced banana and sultana loaf</i>	<i>Baked ham and cheese croissants with cherry tomatoes Vegetarian option: no ham</i>



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Week 2	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Pasta Bolognese with hidden vegetables served with garlic bread Vegetarian option: red lentils</i>	<i>Creamy rice pudding with spiced apple compote</i>	<i>Ham and cream cheese bagels with cucumber batons Vegetarian option: no ham</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Chicken and vegetable noodles with vegetable spring rolls Vegetarian option: meat-free pieces</i>	<i>Cranberry and white chocolate flapjacks</i>	<i>Jacket potatoes with baked beans</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Butternut squash, spinach and chickpea curry served with brown rice and naan bread</i>	<i>Bananas and custard</i>	<i>Vegetable pizza pittas with vegetable crudités</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Roast of the day with all trimmings Vegetarian option: Meat-free sausages</i>	<i>Mixed berry yoghurt</i>	<i>Tuna and cheese puffs with sweetcorn Vegetarian option: tomato and cheese</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Fish pie with a mashed potato topping served with garden peas Vegetarian option: mixed vegetables</i>	<i>Fresh fruit salad with cream</i>	<i>Build-your-own-sandwich bar with vegetable crudités</i>



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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>Mixed vegetable and bean chilli served with fluffy rice and sweetcorn</i>	<i>Fruit salad with Greek yoghurt</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>Tuna, tomato and spinach pasta bake with a side of garlic bread Vegetarian option: no tuna</i>	<i>Pear and sultana crumble with cream</i>	<i>Selection of wraps with vegetable crudités</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: green lentils</i>	<i>Spiced mixed berry 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>Sausage and root vegetable casserole served with new potatoes Vegetarian option: meat-free sausage</i>	<i>Natural yoghurt with a fruit compote</i>	<i>Fish finger sandwiches with vegetable sticks Vegetarian option: Vegetable fingers</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Chicken and vegetable tagine with herby cous cous Vegetarian option: no chicken</i>	<i>Homemade gingerbread biscuits</i>	<i>Ploughman's platter</i>