



MENU

winter 2024 

| 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>Sausage and creamy mash with onion gravy served with garden peas Vegetarian option: meat-free sausage</i> | <i>Snowy chocolate crackle biscuits</i> | <i>Mexican bean and cheese wraps with sweetcorn</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>Root vegetable and potato wedges with a selection of dips</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>Sausage rolls with homemade baked beans Vegetarian option: meat-free sausage rolls</i> |
| FRIDAY | <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>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>Jacket potatoes with mixed beans</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>Ham and cream cheese bagels with cucumber batons Vegetarian option: no ham</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 a garden salad</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>Homemade cheese straws with tomato wedges 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>Toasted crumpets topped with beans and cheese</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>Mediterranean vegetable and feta tart slices served with a hummus dip</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>Selection of wraps with vegetable crudités</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> |