

Autumn/Winter

Week 1



	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
Breakfast	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W
AM Snack	Cream Cheese Bagel and Cucumber W Mi So	Hummus and Crudites S	Banana Bread and Butter W E	Apples and Pears	Natural Yoghurt and Jam Mi
Lunch	Spaghetti Bolognese W	Vegetable curry and Rice	Homemade Pizza Garlic bread W Mi	Beef stew and mash potato	Fish finger chips and peas W F
Pudding	Petit Filous Mi	Pears and Cream Mi	Fruit Salad	Home made cake W Mi E	Fruit Jelly
Pm Snack	Strawberry and Banana	Smoothie Bowl	Cheese and Crackers W Mi	Rice cakes and Raisins	Blueberry Muffin W E So
Tea	Cheese on toast W Mi	Chicken wrap Mi	Pasta Salad W	Vegetable Samosa W	Scrambled egg with cheese Mi E

All Meats are Halal unless stated otherwise.

When meats are not Halal a vegetarian alternative is given.

Allergens:

C- Celery W – Gluten/Wheat CS- Crustaceans E -Eggs F– Fish L- Lupin Mi- Milk Mo- Mollusc Mu- Mustard N- Nuts Pn- Peanuts S- Sesame Seeds

So – Soya Su- Sulphur Dioxide

Autumn/Winter

Week 2



	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
Breakfast	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W
AM Snack	Berry Medley	Cheese Twists with Cheese and Chive dip W Mi	Yoghurt Covered Rice Cakes Mi	Apple and Raisins	Fruit Smoothies Mi
Lunch	Roast chicken potato and vegetables	Vegetable lasagna and garlic bread W Mi	Home made beef burgers W	Jacket potato with cheese and beans Mi	Pizza and chips W Mi
Pudding	Homemade Cake W Mi E	Angel Delight Mi	Fruit and Custard Mi	Ice cream Mi	Yoghurt Mi
Pm Snack	Breadsticks and Dips W S	Apple and Banana	Fruit Salad	Cheese and Crackers W Mi	Fruit loaf and Butter W So Mi
Tea	Beans on toast W	Rosemary garlic bread W	Cheese/vegetable pasty W Mi	Chicken sandwich W	Vegetable noodles W

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Week 3



	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
Breakfast	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W
AM Snack	Strawberry and Banana	Smoothie Bowl	Cheese and Crackers W Mi	Rice cakes and Raisins	Blueberry Muffin W E So
Lunch	Macaroni Cheese with Vegetables W Mi	Hot dog in a bun with salad W	Chili con carne and rice W	Tuna Pasta bake W F	Chicken Nuggets and chips W
Pudding	Flap Jack W Mi	Yoghurt Mi	Petit Filous Mi	Pears and Cream Mi	Fruit Salad
Pm Snack	Cream Cheese Bagel and Cucumber W Mi So	Hummus and Crudites S	Banana Bread and Butter W E	Apples and Pears	Natural Yoghurt and Jam Mi
Tea	Nachos W Mi	Spaghetti hoops on toast W	Vegetable Samosa W	Scrambled egg with cheese W Mi E	Cheese on toast W Mi

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Autumn/Winter

Week 4



	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
Breakfast	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W	A selection of cereals and fruits W
AM Snack	Breadsticks and Dips W S	Apple and Banana	Fruit Salad	Cheese and Crackers W Mi	Fruit loaf and Butter W So Mi
Lunch	BBQ Chicken and Rice	Chicken noodle soup with Crusty Roll W Su So	Tuna Pasta Bake W F Mi	Beef Sausage, Mash and Gravy W Su C So	Chicken Burgers and Chips W Su So
Pudding	Ice Lollies	Brownies W E	Angel Delight Mi	Petit Filous Mi	Fruit and Custard Mi
Pm Snack	Berry Medley	Cheese Twists with Cheese and Chive dip W Mi	Yoghurt Covered Rice Cakes Mi	Apple and Raisins	Fruit Smoothies Mi
Tea	Beans on toast W	Nachos W Mi	Cheese/vegetable pasty W Mi	Chicken sandwich W	Vegetable noodles W Mi

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