

AUTUMN/WINTER MENUS 2019

		Week 1								
Dates	Brea kfast 8am	Snack 9.30 & 2.30	Lunch Main 11.30am	Lunch Veggie	Veg Taste	Lunch Pudding	Light Snack 2:30pm	Tea for Nursery 4pm	Duskies Tea	Pudding for Tea and Duskies
Monday	Choice of Cereals	Milk Choice of Fresh Fruit, cracker, breadstick or rice cakes.	Tomato and herb pasta bake with vegetables		Butternut Squash	Homemade Flapjacks	Water Vegetable sticks, crackers, breadsticks or rice cakes.	Fish finger/veggie sandwiches with cucumber slices	Pasta or fish finger sandwiches	Mandarins
Tuesday			Beef Chilli cooked with peppers and sweetcorn, and rice	Veggie Chilli cooked with peppers and sweetcorn, and rice .	Green Beans	Sultana sponge and custard		Cheesy quiche and salad	Chilli or quiche	Yoghurts
Wednesday			Roast Gammon Roast Potatoes Cabbage & Carrots	Vegetable Frittata Cabbage & Carrots	Courgette	Jelly served with fruit yoghurt		Mackerel or beans on toast	Mackerel or beans on toast	Sliced fresh oranges
Thursday			Shepherd's Pie (Lamb) Broccoli & Cauliflower	Quorn Mince Shepherd's Pie Broccoli & Cauliflower	Asparagus	Cheese and apple cubes		Variety of wraps: tuna and sweetcorn, ham and cheese, cheese and salad		Banana loaf
Friday			Cheese & Tomato Pizza wedges and salad		Leek	Yoghurts		Homemade traditional vegetable soup with rolls		Fruit crumble and fresh cream

Week 2

Dates	Breakfast 8am	Snack 9.30 & 2.30	Lunch Main 11.30am	Lunch Veggie	Veg Taste	Lunch Pudding	Light Snack 2:30pm	Tea for Nursery 4pm	Duskies Tea	Pudding for Tea and Duskies
Monday	Choice of Cereals	Milk Choice of Fresh Fruit, cracker, breadstick or rice cakes.	Vegetable noodles with mushrooms, peppers and baby corn.		Mange tout	Sliced Grapes	Water Vegetable sticks, crackers, breadsticks or rice cakes.	Mediterranean vegetable quiche with broccoli	Noodles or Quiche	Bananas and custard
Tuesday			Spaghetti Bolognese (Beef) Peas & Sweetcorn	Pasta Bolognese (Quorn) Peas & Sweetcorn	Parsnip	Yoghurt		Homemade Pitta pizzas	Homemade Pitta pizzas	Fruit kebabs made by the children
Wednesday			Roast Turkey Roast Potatoes Cabbage & Cauliflower	Roasted Quorn Fillets Roast Potatoes Cabbage & Cauliflower	Sprouts	Rice pudding		Jacket Potatoes with a selection of fillings: Tuna sweetcorn, Beans and cheese.		Yoghurt choice of fresh fruit
Thursday			Sausages (Pork) and Mash with buttered carrots	Sausages (Veggie) and Mash with buttered carrots	Runner Beans	raisin flapjacks		Homemade carrot and swede soup and rolls.		Mandarins
Friday			Chicken Pie New Potatoes Carrots & Swede	Vegetable Pie New Potatoes Carrots & Swede	Butter beans	Swiss roll		Macaroni cheese with broccoli and peas		Baked pears

Week 3

Dates	Breakfast 8am	Snack 9.30 & 2.30	Lunch Main 11.30am	Lunch Veggie	Veg Taste	Lunch Pudding	Light Snack 2:30pm	Tea for Nursery 4pm	Duskies Tea	Pudding for Tea and Duskies
Monday	Choice of Cereals	Milk Choice of Fresh Fruit, cracker, breadstick or rice cakes.	Chicken Korma(Nut free) Naan Bread/Rice Peas & Sweetcorn	Quorn Korma(Nut free) Naan Bread/Rice Peas & sweetcorn	Parsnip	Jelly	Water Vegetable sticks, crackers, breadsticks or rice cakes.	Homemade Pitta Pizzas	Homemade Pitta Pizzas	Cheese and pineapple cubes
Tuesday			Vegetable stew with dumplings		chickpeas	Pineapple upside down cake		Jacket Potatoes with a selection of fillings: Tuna sweetcorn, Beans and cheese.	Mackerel or spaghetti hoops on toast	Fresh fruit and yoghurts
Wednesday			Turkey Pie New Potatoes Vegetable Medley	Vegetable Pie New Potatoes Vegetable Medley	Snap Peas	Jam tarts		Tuna pasta bake/Veggie pasta bake	Tuna pasta bake/Veggie pasta bake	Jelly and yoghurt
Thursday			Beef lasagne, salad and garlic bread	Veggie lasagne, salad and garlic bread	Green beans	cheesecake		Homemade sausage rolls and beans	Homemade sausage rolls and beans	Fresh fruit
Friday			Fish Pie Baked Corn on the cob	Veggie Pie Baked Corn on the cob	Courgette	Ginger sponge and custard		Mackerel or spaghetti hoops on toast	Jacket Potatoes with a selection of fillings: Tuna sweetcorn, Beans and cheese.	Fruit kebabs