



Autumn/ Winter menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
AM snack	Fresh fruit platter	Mixed fresh and dried fruits	Cheese Straws, Cucumber and rice cakes	Carrots, hummus, and breadsticks	Fresh fruit platter
Lunch	Macaroni cheese with salad	Roast chicken with roast potatoes and vegetables	Vegetable curry with Lentils and rice	Beef mince pasta bake cooked in a hidden vegetable sauce	Fish fingers, Potato wedges and sweetcorn with dipping sauce
Alternative	Dairy-free Macaroni cheese with salad	Quorn roast with roast potatoes and vegetables	Vegetable curry with Lentils and rice	Quorn mince pasta bake cooked in a hidden vegetable sauce	Vegetable fingers, Potato wedges and sweetcorn with dipping sauce
Pudding	Yogurt	Fruit	Ice cream	Yogurt	Fruit
Afternoon tea	vegetable pilau	Seasonal Soup with baguette	Assorted sandwiches	Jacket potato, beans, and cheese with cucumber sticks	Homemade vegetable pizza
Alternative	vegetable pilau	Seasonal Soup with baguette	Assorted sandwiches With veggie sticks	Jacket potato, beans, and cheese with cucumber sticks	Homemade vegetable pizza
Pudding	Cake	Jelly	Fruit	Rice Krispy cakes	Oat cookies

Our menus reflect children's choices (we find this out during conversations at mealtimes and observing what the children enjoy eating) We also ensure that children are introduced to a variety of fresh fruits and vegetables. In the evening children are also offered an evening snack.



Autumn/ Winter menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
AM snack	Fresh fruit platter	Mixed fresh and dried fruits	Cheese Straws, Cucumber and rice cakes	Carrots, hummus, and breadsticks	Fresh fruit platter
Lunch	Vegetable pasta baked	Deconstructed Cottage pie and vegetables	Meat-free sausages wilted cabbage, new potatoes, and gravy.	Moroccan chicken with vegetables and cous cous	Sweet and sour chicken with rice and vegetables
Alternative	Vegetable pasta baked	Deconstructed Quorn cottage pie and vegetables	Meat-free sausages wilted cabbage, new potatoes, and gravy.	Moroccan Quorn with vegetables and cous cous	Sweet and sour vegetables with rice and
Pudding	Yogurt	Fruit	Dried fruit	Yogurt	Fruit
Afternoon tea	Vegetarian sausage rolls with cucumber sticks.	Seasonal Soup with baguette	Assorted wraps with veggie sticks	Jacket potato, Tuna, and cheese with cucumber sticks	Spaghetti hoops and toast with veggie sticks
Alternative	Vegetarian sausage rolls with cucumber sticks.	Seasonal Soup with baguette	Assorted wraps with veggie sticks	Jacket potato, beans, and cheese with cucumber sticks	Spaghetti hoops and toast with veggie sticks
Pudding	Cake	Jelly	Fruit	Rice Krispy cakes	Oat cookies

Our menus reflect children's choices (we find this out during conversations at mealtimes and observing what the children enjoy eating) We also ensure that children are introduced to a variety of fresh fruits and vegetables. In the evening children are also offered an evening snack.



Autumn/ Winter menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
AM snack	Fresh fruit platter	Mixed fresh and dried fruits	Cheese Straws, Cucumber and rice cakes	Carrots, hummus, and breadsticks	Fresh fruit platter
Lunch	Tuna pasta cooked in a hidden vegetable sauce	Chickpea curry with vegetables and rice	Beef meatballs in tomato sauce with spaghetti	Chicken and leek pie with gravy	Fish fingers, Potato wedges and sweetcorn with dipping sauce
Alternative	Vegetable pasta	Chickpea curry with vegetables and rice	Meat-free balls in tomato sauce with spaghetti	Quorn mince pasta bake cooked in a hidden vegetable sauce	Vegetable fingers, Potato wedges and sweetcorn with dipping sauce
Pudding	Yogurt	Fruit	Ice cream	Yogurt	Fruit
Afternoon tea	Assorted sandwiches	Jacket potato, beans, and cheese with cucumber sticks	Homemade margherita pizza	Seasonal Soup with baguette	Savoury rice
Alternative	Assorted sandwiches	Jacket potato, beans, and cheese with cucumber sticks	Homemade margherita pizza	Seasonal Soup with baguette	Savoury rice
Pudding	Cake	Jelly	Fruit	Rice Krispy cakes	Oat cookies

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Autumn/ Winter menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water	Selection of cereal, toast with milk or water
AM snack	Fresh fruit platter	Mixed fresh and dried fruits	Cheese Straws, Cucumber and rice cakes	Carrots, hummus, and breadsticks	Fresh fruit platter
Lunch	Creamy cheesy tomato fajita pasta	Beef Bolognese with vegetables and spaghetti	Vegetable chow Mein with a sweet chili sauce	Jerk chicken with rice and peas and vegetables	Fish fingers, Potato wedges and sweetcorn with dipping sauce
Alternative	Dairy-free Creamy cheesy tomato fajita pasta	Quorn Bolognese with vegetables and spaghetti	Vegetable chow Mein with a sweet chili sauce	Jerk Quorn with rice and peas and vegetables	Vegetable fingers, Potato wedges and sweetcorn with dipping sauce
Pudding	Yogurt	Fruit	Ice cream	Yogurt	Fruit
Afternoon tea	vegetable pilau	Homemade vegetable pizza	Vegetarian sausage rolls with cucumber sticks.	Jacket potato, tuna, and cheese with cucumber sticks	Beans on toast with cucumber sticks
Alternative	Vegetable pilau	Homemade vegetable pizza	Vegetarian sausage rolls with cucumber sticks.	Jacket potato, cheese with cucumber sticks	Beans on toast with cucumber sticks
Pudding	Cake	Jelly	Fruit	Rice Krispy cakes	Oat cookies

Our menus reflect children's choices (we find this out during conversations at mealtimes and observing what the children enjoy eating) We also ensure that children are introduced to a variety of fresh fruits and vegetables. In the evening children are also offered an evening snack.