

Autumn/Winter Menu October 2021 – April 2022 for Children Aged 18months – 5 years

<u>Week 1</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water or Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water or Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u>	A selection of cereals	Cheese Biscuits	Cooked ham, sweetcorn and broccoli wholemeal pasta bake Greek Yoghurt and Honey	Broccoli and cheese wholemeal pasta bake Greek Yoghurt and Honey	Vegetable sticks	Jacket Potatoes served with cheese and baked beans Fresh Fruit
<u>Tuesday</u>	A selection of cereals and toast	Breadsticks	Homemade Pork Sausage meat patty with mashed potatoes, peas and carrots Chocolate and vanilla shortbread biscuits	Quorn sausages with mashed potatoes, peas and carrots Chocolate and vanilla shortbread biscuits	Melon Fingers	Cheese Scones served with cream cheese and cucumber sticks. Fresh Fruit
<u>Wednesday</u>	A selection of cereals	Banana Pieces	Creamy Paprika chicken and vegetables on rice. Fresh Fruit	Baked Lentils and Vegetables with rice. Fresh Fruit	Oatcakes and Cream Cheese	Scrambled eggs on wholemeal toast Stewed Apples and plums with Custard
<u>Thursday</u>	A selection of cereals and fruit	Pitta Fingers & Mashed Avocado	Chickpea and Spinach Curry with wholemeal Rice Homemade Banana Loaf	Chickpea and Spinach Curry with Wholemeal Rice Homemade Banana Loaf	Rice Cakes & Cream cheese	Homemade chicken and sweetcorn pizza, served with carrot and cucumber sticks. Banana and Orange segments
<u>Friday</u>	A selection of cereals	Pear & Apple Slices	Homemade sweet potato topped Sheppard's Pie Fresh Fruit	Homemade sweet potato topped Lentil Pie Fresh Fruit	Digestive biscuit	Ham, Egg and Tuna wraps with cheese slices and cherry tomatoes Yoghurt Pots

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<u>Week 2</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water</u> <u>or Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water</u> <u>or Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u>	A selection of cereals	Cracker Bread	Fish fingers, mashed potatoes, peas & sweetcorn Yoghurt Pots	Vegetable fingers, mashed potatoes, peas & sweetcorn Yoghurt Pots	Banana Pieces	Cheese, Egg and Spinach Muffins served with cherry tomatoes. Melon & Pineapple Slices
<u>Tuesday</u>	A selection of cereals	Apples & Raspberries	Homemade Beef & Mixed vegetable Stew served with mashed potatoes Oat and Raisin Cookies	Homemade Mixed vegetable Stew served with mashed potatoes. Oat and Raisin Cookies	Mashed Avocado with Breadsticks	Cheese, Tomato and Vegetable Wholemeal Pasta Bake Fresh Fruit
<u>Wednesday</u>	A selection of cereals and Fruit	Cheese Biscuits	Homemade Roast Chicken, served with Roast Potatoes and Seasonal Vegetable Greek Yoghurt and Banana	Homemade Cauliflower and Broccoli cheese served with Roast Potatoes and Seasonal Vegetables Greek Yoghurt and Banana	Apple Slices	Homemade Sausage Rolls served with cous cous and carrot sticks Orange and Plum segments
<u>Thursday</u>	A selection of cereals and Crumpets	Orange Segments	Homemade beef lasagne with garlic bread and peas Pineapple & Melon	Mushroom and spinach lasagne with garlic bread and peas Pineapple & Melon	Rice Cake & Cream cheese	Cheese, Ham and Tuna Sandwiches served with cucumber and boiled carrot sticks. Homemade Rice Pudding with Berry Compote

<u>Friday</u>	A selection of cereals	Crackers with cream cheese	Homemade Beef Chilli Con Carne with mixed beans and Rice. Apple & Raspberry Crumble with Custard	Vegetable and mixed bean Chilli Con Carne served with Rice. Apple & Raspberry Crumble with Custard	Celery & Carrot Sticks	Tuna and Cheese Melt Jacket Potatoes Fresh Fruit
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<u>Week 3</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water or Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water or Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u>	A selection of cereals and Fruit	Cracker Bread	Homemade Spaghetti bolognaise with garlic bread Fresh Fruit	Spaghetti bolognaise with quorn mince and garlic bread Fresh Fruit	Cucumber & Carrot Sticks	Baked Beans and Toast Stewed Apple and Custard
<u>Tuesday</u>	A selection of cereals and Toast	Banana Pieces	Homemade potato topped fish pie with peas and sweetcorn Homemade Shortbread Biscuits	Homemade potato topped lentil and tomato pie with peas and sweetcorn. Homemade Shortbread Biscuits	Cheese Biscuit	Cheese, Tomato and courgette puff pinwheels served with chopped cherry tomatoes and cucumber sticks. Fruit Pieces
<u>Wednesday</u>	A selection of cereals	Rice cakes & Cream Cheese	Homemade Cauliflower & Broccoli Mac “N” Cheese Fresh Fruit Salad	Homemade Cauliflower & Broccoli Mac “N” Cheese Fresh Fruit Salad	Fruit Loaf & Spread	Root Vegetable casserole served with bread-and-butter slices. Yoghurt Pots
<u>Thursday</u>	A selection of cereals and Toast	Cheese Slices & Pineapple	Homemade turkey and vegetable curry on wholemeal rice Greek Yoghurt and Honey	Vegetable and lentil curry on wholemeal rice Greek Yoghurt and Honey	Oat Cakes & Spread	Homemade cheese and Broccoli scones served with cream cheese, cucumber sticks and cherry tomatoes Fruit Pieces

<u>Friday</u>	A selection of cereals	Pitta Fingers & Tatziki	Homemade roast pork, roast potatoes, Yorkshire puddings and fresh seasonal vegetables Homemade Chocolate Cake and Custard	Quorn, roast potatoes, Yorkshire pudding and fresh seasonal vegetables Homemade Chocolate Cake and Custard	Melon Slices	Homemade cheese straws served with boiled new potatoes and cucumber sticks. Fresh Fruit
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