

Autumn/Winter Menu October 2020 – April 2021 for Children Aged 18 months-5 years

<u>Week 1</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Vegetarian</u>	<u>Tea</u>
<u>Monday</u>	A selection of cereals	Cheese Biscuits	Cooked ham, broccoli and sweetcorn pasta bake Yoghurts	Broccoli and sweetcorn pasta bake Yoghurts	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, sweetcorn and gravy Fresh Fruit	Quorn sausages with mashed potatoes, peas, sweetcorn and vegetable gravy Fresh fruit	Cheese scones served with cream cheese and cucumber sticks Peaches and Custard
<u>Wednesday</u>	A selection of cereals	Banana Pieces	Baked vegetables and lentils in a tomatoe sauce with rice. Chocolate and vanilla marble biscuits	Baked vegetables and lentils in a tomatoe sauce with rice. Chocolate and vanilla marble biscuits	Macaroni cheese Fresh fruit
<u>Thursday</u>	A selection of cereals and fruit	Rice Cakes and cream cheese	Roast turkey, roast potatoes, Yorkshire pudding and seasonal vegetables. Fresh fruit	Baked cauliflower cheese served with seasonal vegetabls, roast potatoes and Yorkshire pudding Fresh fruit	Homemade meat and vegetable pizza. Served with carrot and cucumber sticks Homemade banana loaf
<u>Friday</u>	A selection of cereals	Pear and Apple Segments	Tomato and mixed vegetable savoury rice Greek yogurt and banana	Tomato and mixed vegetable savoury rice Greek yogurt and banana	Ham, Egg and Tuna wraps with cheese cubes and cherry tomatoes. Fresh fruit

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<u>Week 2</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Vegetarian</u>	<u>Tea</u>
<u>Monday</u>	A selection of cereals	Cheese Biscuits	Vegetable and chickpea curry served with rice. Fresh fruit	Vegetable and chickpea curry served with rice. Fresh fruit	Baked beans on toast Greek Yoghurt and Honey
<u>Tuesday</u>	A selection of cereals and fruit	Banana Pieces	Homemade mini chicken goujons with boiled new potatoes, peas and carrots. Oat cookies	Vegetable fingers with boiled new potatoes, peas and carrots. Oat cookies	5 vegetable and cheese pasta bake Fresh fruit
<u>Wednesday</u>	A selection of cereals	Rice Cakes and Cream Chesse	Beef lasagne with garlic bread Apple and plum crumble and custard	5 Vegetable lasagne with garlic bread Apple and plum crmble and custard	Ham, Cheese and Chicken sandwiches with cucumber sticks. Fresh fruit
<u>Thursday</u>	A selection of cereals and toast	Crackers and cheese slices	Paprika and Lamb meatballs served in a tomatoe and vegetable sauce with rice Yoghurts	Quorn meatballs served in a tomatoe and vegetable sauce with rice Yoghurts	Homemade Sausage rolls served with new potatoes and boiled carrot sticks Fresh fruit
<u>Friday</u>	A selection of cereals	Breadsticks	Roast chicken, roast potatoes, Yorkshire pudding and mixed vegetables Fresh fruit	Quorn turkey, roast potatoes, Yorkshire pudding and mixed vegetables Fresh fruit	Tuna and cheese melt jacket potatoes. Strawberry Yoghurt

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<u>Week 3</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Vegetarian</u>	<u>Tea</u>
<u>Monday</u>	A selection of cereals	Digestive Biscuit	Beef spaghetti bolognaise Homemade rice pudding	Quorn mince spaghetti bolognaise Homemade rice pudding	Savoury cheese and broccoli scones, served with cream cheese, cucumber sticks and cherry tomatoes. Fresh fruit
<u>Tuesday</u>	A selection of cereals	Breadsticks	5 mixed vegetable curry with rice Fresh fruit	5 mixed vegetable curry with rice Fresh fruit	Jacket potatoes with cheese and tuna or beans. Greek yoghurt And Banana
<u>Wednesday</u>	A selection of cereals	Pear and Apple slices	Beef and mixed vegetable stew served with, mashed potatoes and gravy. Yoghurts	Vegetable stew served with, mashed potatoes and gravy. Yoghurts	Cheese, ham and courgette puff pinwheels with carrot and Cucumber sticks Fresh fruit
<u>Thursday</u>	A selection of cereals and fruit	Rice cakes with cream cheese	Homemade lamb Shepperds Pie with Autumn vegetables Fresh fruit	Homemade vegetable and lentil pie topped with mash. Fresh fruit	Vegetable Risotto Chocolate cake and custard
<u>Friday</u>	A selection of cereals and toast	Cheese Biscuits	Tuna, mixed vegetable and cheese pasta bake. Homemade Gingerbread Men	Mixed vegetable and cheese pasta bake. Homemade Gingerbread Men	Ham, chicken and cheese sandwiches with pepper sticks and cheese cubes. Fresh fruit

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<u>Week 4</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Vegetarian</u>	<u>Tea</u>
<u>Monday</u>	A selection of cereals	Oat cakes	Fish fingers with sweet potato mash and baked beans Fresh fruit	Vegetable fingers with sweet potato mash and baked beans Fresh fruit	Homemade meat and vegetable pizza, carrot and cucumber sticks Yoghurts
<u>Tuesday</u>	A selection of cereals	Banana	Homemade cauliflower and broccoli mac and cheese Chocolate chip cookies	Homemade cauliflower and broccoli mac and cheese Chocolate chip cookies	Baked Beans on toast Fresh fruit
<u>Wednesday</u>	A selection of cereals and toast	Crackers and cheese slices	Homemade mild Pork Curry served with rice Fresh fruit	Mixed mild vegetable curry served with rice Fresh fruit	Homemade chesse straws with new potatoes and cucumber sticks Rice Pudding
<u>Thursday</u>	A selection of cereals and fruit	Fruit Loaf	Homemade Chilli Con Carne with rice Greek yoghurt and banana	Three bean chilli con carne with rice Greek yoghurt and banana	Cheesey, butternut squash pasta. Fresh fruit
<u>Friday</u>	A selection of cereals	Breadsticks	Salmon and broccoli pie with mashed potatoes and sweetcorn. Fresh fruit	Cheese and mixed vegetable pie with mashed potatoes and sweetcorn. Fresh fruit	Chicken, ham and tuna sandwiches served with cherry tomatoes and cheese slices Yoghurts