

# WINTER MENU

WK 2	AM SNACK	LUNCH	PM SNACK	TEA
<b>MON</b>	<ul style="list-style-type: none"> <li>Breadsticks</li> <li>Houmous</li> </ul>	<ul style="list-style-type: none"> <li>Salmon &amp; broccoli pasta, peas, carrot</li> <li>Banana custard</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal bread</li> <li>Pear</li> </ul>	<ul style="list-style-type: none"> <li>Baked beans, bagels</li> <li>Apple muffin</li> </ul>
<b>TUE</b>	<ul style="list-style-type: none"> <li>Toasted muffin</li> <li>Orange</li> </ul>	<ul style="list-style-type: none"> <li>Roast chicken, roast potatoes, broccoli, carrots, gravy</li> <li>Yoghurts</li> </ul>	<ul style="list-style-type: none"> <li>Oatcake</li> <li>Ham</li> <li>Tomato</li> </ul>	<ul style="list-style-type: none"> <li>Rolls*, baked stars</li> <li>Fresh fruit**</li> </ul>
<b>WED</b>	<ul style="list-style-type: none"> <li>Rice cakes</li> <li>Boiled egg</li> <li>Cucumber</li> </ul>	<ul style="list-style-type: none"> <li>Tomato &amp; lentil lasagne, cauliflower, peas</li> <li>Cocoa &amp; beetroot cake, cocoa custard</li> </ul>	<ul style="list-style-type: none"> <li>Bagel</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; vegetable couscous***</li> <li>Frubes</li> </ul>
<b>THUR</b>	<ul style="list-style-type: none"> <li>Cracker</li> <li>Apple</li> </ul>	<ul style="list-style-type: none"> <li>Shepherds pie****, green beans, sweetcorn</li> <li>Pineapple sponge, custard</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal pitta bread</li> <li>Cucumber</li> <li>Dip</li> </ul>	<ul style="list-style-type: none"> <li>Macaroni cheese</li> <li>Chocolate crispy cake</li> </ul>
<b>FRI</b>	<ul style="list-style-type: none"> <li>Wholemeal bread</li> <li>Cheese triangles</li> <li>Tomato</li> </ul>	<ul style="list-style-type: none"> <li>Sweet &amp; sour chicken*****, mixed vegetables, brown rice</li> <li>Peach crumble, cream</li> </ul>	<ul style="list-style-type: none"> <li>Yoghurt</li> <li>Grapes</li> </ul>	<ul style="list-style-type: none"> <li>Potato wedges, vegetable sticks*****, dip</li> <li>Raisin cake</li> </ul>

*	All bread is wholemeal or 50/50. Fillings for rolls – chicken, egg, cucumber, tomato,
**	Pineapple, melon, kiwi
***	Pepper, tomato, cucumber
****	A variety of vegetables in the above dishes; onions, carrots, spinach
*****	Onions, peppers, pineapple
*****	Sweetcorn, cucumber, carrot
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