

# WINTER MENU

WK 4	AM SNACK	LUNCH	PM SNACK	TEA
<b>MON</b>	<ul style="list-style-type: none"> <li>• Rice cake</li> <li>• Cucumber</li> <li>• Ham</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage &amp; butter bean bake*, brown rice, carrots, broccoli</li> <li>• Semolina</li> </ul>	<ul style="list-style-type: none"> <li>• Puff wheat</li> <li>• Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni cheese</li> <li>• Raisin flapjack</li> </ul>
<b>TUE</b>	<ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Banana</li> </ul>	<ul style="list-style-type: none"> <li>• Mince hotpot**, potatoes, cauliflower, peas</li> <li>• Rice pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Toasted bagel</li> <li>• Cheese</li> <li>• Cucumber</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal pitta bread pizza</li> <li>• Apple muffin</li> </ul>
<b>WED</b>	<ul style="list-style-type: none"> <li>• Breadsticks</li> <li>• Houmous</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna pasta bake*, green beans, carrots</li> <li>• Banana custard</li> </ul>	<ul style="list-style-type: none"> <li>• Crackers</li> <li>• Pear</li> </ul>	<ul style="list-style-type: none"> <li>• Baked beans, toast</li> <li>• Orange, yoghurt</li> </ul>
<b>THUR</b>	<ul style="list-style-type: none"> <li>• Fruit loaf</li> <li>• Apple</li> </ul>	<ul style="list-style-type: none"> <li>• Roast chicken, roast potatoes, mixed vegetables &amp; gravy</li> <li>• Yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• Muffin</li> <li>• Boiled egg</li> <li>• Sweetcorn</li> </ul>	<ul style="list-style-type: none"> <li>• Rolls***, baked stars</li> <li>• Fresh fruit****</li> </ul>
<b>FRI</b>	<ul style="list-style-type: none"> <li>• Wholemeal pitta bread</li> <li>• Tomato</li> <li>• Cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed bean &amp; root vegetable stew*, potatoes, sweetcorn, peas</li> <li>• Pineapple sponge, custard</li> </ul>	<ul style="list-style-type: none"> <li>• Oatcake</li> <li>• Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken risotto*</li> <li>• Cookies</li> </ul>

*	A variety of vegetables in the above dishes; onions, sweetcorn, peas, baked beans, sweet potato, carrots, tomatoes, kidney beans, peppers.
**	Contains hidden vegetables; peppers, onion, tomatoes, mushroom, courgettes, spinach
***	All bread is wholemeal or 50/50. Fillings for rolls – chicken, cheese, cucumber, tomato,
****	Grapes, melon, pineapple

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