

WINTER MENU

WK 5	AM SNACK	LUNCH	PM SNACK	TEA
MON	<ul style="list-style-type: none"> Toasted muffin Pear 	<ul style="list-style-type: none"> Broccoli & cauliflower cheese, potatoes Banana, custard 	<ul style="list-style-type: none"> Breadsticks Cucumber Dip 	<ul style="list-style-type: none"> Chicken risotto* Yoghurt, kiwi
TUE	<ul style="list-style-type: none"> Rice cake Cheese triangles 	<ul style="list-style-type: none"> Lasagne**, carrots, green beans Peach crumble, cream 	<ul style="list-style-type: none"> Crackers Orange 	<ul style="list-style-type: none"> Scrambled egg, toast Shortbread
WED	<ul style="list-style-type: none"> Puffed wheat Banana 	<ul style="list-style-type: none"> Chicken curry*, brown rice, broccoli, sweetcorn Semolina 	<ul style="list-style-type: none"> Wholemeal bread carrot Ham 	<ul style="list-style-type: none"> Crumpets, cheese, vegetable sticks*** Pear muffin
THUR	<ul style="list-style-type: none"> Pitta bread Tzatziki Carrot 	<ul style="list-style-type: none"> Fish pie*, sweet potato, carrots, cauliflower Rice pudding 	<ul style="list-style-type: none"> Bagel Grapes 	<ul style="list-style-type: none"> Herby tomato & bean pasta* Fairy cakes
FRI	<ul style="list-style-type: none"> Fruit loaf Apple 	<ul style="list-style-type: none"> Roast chicken, roast potatoes, mixed vegetables, gravy Yoghurts 	<ul style="list-style-type: none"> Oatcake Cheese Cucumber 	<ul style="list-style-type: none"> Rolls****, baked stars Fresh fruit*****

*	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
***	Cucumbers, tomatoes, sweetcorn
****	All bread is wholemeal or 50/50. Fillings for rolls – chicken, egg, cucumber, tomato,
*****	Pear, pineapple, kiwi
