

WINTER MENU

WK 1	AM SNACK	LUNCH	PM SNACK	TEA
MON	<ul style="list-style-type: none"> • Fruit loaf • Banana 	<ul style="list-style-type: none"> • Roast chicken, roast potatoes, mixed vegetables & gravy • Yoghurts 	<ul style="list-style-type: none"> • Oatcake • Ham • Cucumber 	<ul style="list-style-type: none"> • Rolls*, baked stars • Fresh fruit**
TUE	<ul style="list-style-type: none"> • Rice cake • Cottage cheese • Carrot 	<ul style="list-style-type: none"> • Vegetable & bean pie***, green beans, sweetcorn • Apple sponge +custard 	<ul style="list-style-type: none"> • Wholemeal bread • Grapes 	<ul style="list-style-type: none"> • Chicken risotto*** • Ginger biscuits
WED	<ul style="list-style-type: none"> • Cream crackers • Apple 	<ul style="list-style-type: none"> • Chilli con carne****, brown rice, peas, carrot • Pear crumble, cream 	<ul style="list-style-type: none"> • Muffins • Boiled eggs 	<ul style="list-style-type: none"> • Wholemeal pitta bread pizza • Apricot flapjack
THUR	<ul style="list-style-type: none"> • Bagel • Tomato • Cheese 	<ul style="list-style-type: none"> • Chicken & leek hotpot, broccoli, sweetcorn • Banana custard 	<ul style="list-style-type: none"> • Yoghurt • Kiwi 	<ul style="list-style-type: none"> • Crumpets, cheese triangles, vegetable sticks***** • Pineapple muffins
FRI	<ul style="list-style-type: none"> • Puff wheat • Orange 	<ul style="list-style-type: none"> • Fish fingers, mash, green beans, cauliflower, parsley sauce • Rice pudding 	<ul style="list-style-type: none"> • Breadsticks • Chicken • Dip 	<ul style="list-style-type: none"> • Herby tomato & bean pasta*** • Yoghurt • Pear

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

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