

WINTER MENU

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

*	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
