

WINTER MENU

WK 3	AM SNACK	LUNCH	PM SNACK	TEA
MON	<ul style="list-style-type: none"> • Puff wheat • Orange 	<ul style="list-style-type: none"> • Spaghetti bolognaise*, green beans, cauliflower • Rice pudding 	<ul style="list-style-type: none"> • Pitta bread • Tzatziki • Carrot 	<ul style="list-style-type: none"> • Crumpets, Ham, Vegetable sticks** • Shortbread
TUE	<ul style="list-style-type: none"> • Bagel • Egg • Cucumber 	<ul style="list-style-type: none"> • Fish pie****, mixed vegetables • Banana custard 	<ul style="list-style-type: none"> • Breadsticks • Apple 	<ul style="list-style-type: none"> • Macaroni cheese • Kiwi • Yoghurt
WED	<ul style="list-style-type: none"> • Toasted muffin • Melon 	<ul style="list-style-type: none"> • Roast chicken, roast potatoes, sweetcorn carrots, gravy • Yoghurts 	<ul style="list-style-type: none"> • Rice cake • Ham • Tomato 	<ul style="list-style-type: none"> • Rolls***, baked stars • Fresh fruit****
THUR	<ul style="list-style-type: none"> • Wholemeal bread • Cucumber • Cheese triangle 	<ul style="list-style-type: none"> • Chickpea curry****, brown rice, peas, cauliflower • Apple pie, cream 	<ul style="list-style-type: none"> • Oatcake • Grapes 	<ul style="list-style-type: none"> • Wholemeal pitta bread pizza • Banana buns
FRI	<ul style="list-style-type: none"> • Breadsticks • Sweetcorn • Dip 	<ul style="list-style-type: none"> • Chicken & sweet potato pie, carrots, broccoli • Semolina 	<ul style="list-style-type: none"> • Rice cakes • Pear 	<ul style="list-style-type: none"> • Spaghetti hoops, toast • Blueberry muffin

*	Contains hidden vegetables; peppers, onion, tomatoes, mushroom, courgettes, spinach.
**	Sweetcorn, tomatoes, cucumber
***	All bread is wholemeal or 50/50. Fillings for rolls – egg, cheese, cucumber, tomato,
****	Grapes, pears, pineapples
*****	A variety of vegetables in the above dishes; onions, sweet potato, carrots, tomatoes, spinach



