

WINTER MENU

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

*	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

