



Winter 2020 Menu



Week 1

	Breakfast	Snack	Lunch	Alternative Option	Dessert	Snack	Tea	Alternative Option
Monday	Selection of White or Wholemeal Toast with Butter & A choice of Rice Krispies, Cornflakes or Weetabix	Seasonal Fresh Fruit	Caribbean Fish with Cous Cous	Caribbean Vegetables & Cous Cous	Fruit & Yoghurt Sundae	Breadsticks with Cream Cheese or Hummus	Hearty Vegetable Soup with Toasted Croutons	
Tuesday		Seasonal Fresh Fruit	Chicken Supreme with Rainbow Rice	Vegetable Supreme with Rainbow Rice	Stewed Winter Fruits with Yoghurt	Breadsticks with Cream Cheese or Hummus	Cheesy Muffin Pizza	
Wednesday		Seasonal Fresh Fruit	Turkey & Pepper Casserole with New Potatoes & Savoy Cabbage	Vegetable & Pepper Casserole with New Potatoes & Savoy Cabbage	Apple Crumble & Custard	Breadsticks with Cream Cheese or Hummus	Leek & Butterbean Soup with Crusty Bread	
Thursday		Seasonal Fresh Fruit	Potato & Leek Hot Pot		Fruit Salad	Breadsticks with Cream Cheese or Hummus	Chicken Goujons with Tomato Salsa	Vegetable Goujons with Tomato Salsa
Friday		Seasonal Fresh Fruit	Spicy Creole Fish Stew with Rice	Spicy Creole Vegetables with Rice	Baked Banana & Ice Cream	Breadsticks with Cream Cheese or Hummus	Tomato Soup with Pitta Soldiers	

Alternative options are available for Dairy Free, Vegetarian and other dietary needs



Winter 2020 Menu



Week 2

	Breakfast	Snack	Lunch	Alternative Option	Dessert	Snack	Tea	Alternative Option
Monday	Selection of White or Wholemeal Toast with Butter & A choice of Rice Krispies, Cornflakes or Weetabix	Seasonal Fresh Fruit	Ratatouille Chicken & Spiral Pasta Bake	Ratatouille Vegetables & Spiral Pasta Bake	Seasonal Fruit Platter	Breadsticks with Cream Cheese or Hummus	Salmon & Chive filled Potato Boats	Vegetable filled Potato Boats
Tuesday		Seasonal Fresh Fruit	Hearty Vegetable Casserole with Rice & Green Beans		Yoghurt with Winter Fruit Puree	Breadsticks with Cream Cheese or Hummus	Chicken Goujons with New Potatoes & Mixed Vegetables	Vegetable Sticks with New Potatoes & Mixed Vegetables
Wednesday		Seasonal Fresh Fruit	Beef Cobbler with Winter Vegetables	Vegetable Cobbler with Winter Vegetables	Orange Sponge & Custard	Breadsticks with Cream Cheese or Hummus	Carrot & Coriander Soup with Crusty Bread	
Thursday		Seasonal Fresh Fruit	Salmon & Potato Bake with Broccoli & Cauliflower	Vegetable & Potato Bake with Broccoli & Cauliflower	Melon Fruit Pots	Breadsticks with Cream Cheese or Hummus	Shepherd's Pie & Savoy Cabbage	Meat Free Shepherd's Pie & Savoy Cabbage
Friday		Seasonal Fresh Fruit	Rosemary Lamb & Vegetable Hot Pot	Winter Vegetable Hot Pot	Banana & Raisin Flapjack	Breadsticks with Cream Cheese or Hummus	Fish Cakes & Baked Beans	Vegetable Patties & Baked Beans

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Winter 2020 Menu

Week 3

	Breakfast	Snack	Lunch	Alternative Option	Dessert	Snack	Tea	Alternative Option
Monday	Selection of White or Wholemeal Toast with Butter & A choice of Rice Krispies, Cornflakes or Weetabix	Seasonal Fresh Fruit	Macaroni Cheese with Broccoli		Upside Down Pineapple Pudding with Custard	Breadsticks with Cream Cheese or Hummus	Beef Chilli with Sweet Potato Wedges	Meat Free Chilli with Sweet Potato Wedges
Tuesday		Seasonal Fresh Fruit	Baked Fish in a Masala & Tomato Sauce with Winter Vegetables	Stuffed Peppers in a Masala & Tomato Sauce with Winter Vegetables	Fruit Salad with Cream	Breadsticks with Cream Cheese or Hummus	Chicken & Noodle Soup with Toasted Croutons	Vegetable & Noodle Soup with Toasted Croutons
Wednesday		Seasonal Fresh Fruit	Pippa's Roast Chicken with All the Trimmings	Pippa's Meat Free Roast with All the Trimmings	Natural Greek Yoghurt with Mixed Berries Coulis	Breadsticks with Cream Cheese or Hummus	Jacket Potato with Cheese & Beans	
Thursday		Seasonal Fresh Fruit	Beef Stroganoff with Wild Rice & Vegetables	Mushroom Stroganoff with Wild Rice & Vegetables	Banana	Breadsticks with Cream Cheese or Hummus	Pippa's Bangers & Mash with Peas and Onion Gravy	Meat Free Bangers & Mash
Friday		Seasonal Fresh Fruit	Peri Peri Chicken with Cous Cous	Peri Peri Meat Free Chicken with Cous Cous	Raspberry Sorbet	Breadsticks with Cream Cheese or Hummus	Fish Fingers & Baked Chips with Beans	Vegetable Fingers & Baked Chips with Beans

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