**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of cereals with a choice of milk or natural yoghurt | Toast with a choice of spread | A selection of crumpets or muffins | A selection of brioche or croissants | Beans or cheese on toast |
| Snack | Cheese and tomatoes | Melon and grapes | Apple and pear | Cucumber and carrot sticks with a selection of dips | Peach slices and natural yoghurt |
| Lunch | **Paprika chicken, cous cous and vegetables**  Bananas and custard | **Homemade fish cakes, potato wedges and garden peas**  Fruit flapjack | **Cauliflower and lentil curry with rice**  Mixed berry meringue | **Pork and apple casserole**  Strawberry mousse | **Shepherd’s pie** Rice pudding and dried fruit |
| Snack | Breadsticks and a choice of dip | Digestives and cream cheese | Cheese and crackers | Rice cakes and oranges | Ryevitas and a choice of spread |
| Tea | **Scrambled egg with toasted muffins**  Fruit platter | **Fish fingers and crudités**  Natural yoghurt and fruit | **Tomato soup and homemade bread**  Fromage frais | **Selection of toasted sandwiches (cheese, ham, tuna)**  Fruit cookies | **Salmon and broccoli parcels**  Fruit jelly |

**Allergens this week are cereals containing gluten, egg, fish, lupin, milk, sesame seeds, soya, and sulphur dioxide**

**Please ask a member of staff for more details**

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of cereals with a choice of milk or natural yoghurt | Pancakes with a selection of fruit | A selection of crumpets or muffins | Toast with a choice of spread | Porridge and dried fruit |
| Snack | Cucumber and tomatoes | Apple and banana | Pear and plum | Orange and kiwi | Cherries and berries |
| Lunch | **Chicken chow mein**  Bread and butter pudding | **Chickpea curry with rice**  Fruit flapjack | **Salmon tagliatelle**  Banana mousse | **Gammon and pineapple with mashed potato and vegetables**  Blueberry muffins | **Beef leek and swede Cumberland pie**  Rice pudding and raisins |
| Snack | Oatcake and carrot | Ants on a log (cream cheese and raisins on celery) | Homemade popcorn | Sugar snap peas and dip | Banana bread |
| Tea | **Pittas and cheese salad with hummus**  Winter fruit salad with vanilla sauce | **Cheese and tomato tortilla pizzas**  Mini cheesecakes | **Toasted bagels with cream cheese and crudités**  Fruit sundae | **Homemade pork and apple sausage rolls**  Natural yoghurt and fruit | **Winter ploughman’s**  Fruit cookies |

**Allergens this week are celery, cereals containing gluten, eggs, fish, lupin, milk, sesame seeds, and sulphur dioxide**

**Please ask a member of staff for more details**

**Week 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Selection of cereals with a choice of milk or natural yoghurt | Toast with a choice of spread | Beans or cheese on toast | A selection of crumpets or muffins | A selection of brioche or croissants |
| Snack | Peaches and plums | Cucumber and carrot sticks with a selection of dips | Melon and grapes | Apple and orange | Banana and kiwi |
| Lunch | **Butternut squash risotto**  Apple crumble | **Turkey bolognaise with penne pasta**  Zucchini muffin | **Beef and bean cobbler**  Chocolate tiffin | **Lamb, potato and pearl barley stew**  Bananas and custard | **Creamy cod and vegetable rosti pie** |
| Snack | Malt loaf and berry smoothie | Cheese and crackers | Cucumber swords | Ryevitas and cream cheese | Oatcake and cucumber |
| Tea | **Chicken taco’s**  Baked custard | **Jacket potatoes with chilli**  Fruit platter | **Potato and lentil cakes**  Stewed seasonal fruit and yoghurt | **Winter vegetable quiche**  Greek yoghurt and dried fruit | **Toasted sandwiches with a choice of fillings**  Fruit jelly |

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**Please ask a member of staff for more details**

**Week 4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Toast with a choice of spread | Selection of cereals with a choice of milk or natural yoghurt | Porridge and fresh fruit | Pancakes with a selection of fruit | A selection of crumpets or muffins |
| Snack | Melon and strawberries | Apple and pear | Peach slices and natural yoghurt | Toasted tea cake | Boiled egg and rice cake |
| **Lunch** | **Spaghetti bolognaise**  Ginger and lime sponge | **Beef and Courgette gratin**  Sweet potato and date chocolate brownies | **Roasted sausages and sweet potato white bean stew**  Mixed berry crumble | **Chicken roast dinner and seasonal vegetables**  Pea and mint muffins | **Vegetable Lasagne**  Butterscotch mousse |
| Snack | Banana bread | Dried apricots and dates | Peppers and dip selection | Ants on a log (cream cheese and raisins on celery) | Cheese and olives |
| Tea | **Sweet potato and butternut squash soup with brown bread**  Greek yoghurt and pineapple | **Pasta and vegetables with cheese sauce**  Fruit salad | **Cous cous with mediterranean vegetables**  Semolina and dried fruit | **Beans and cheese on toast**  Fruit yoghurt | **Jacket potato with an assortment of fillings (ham, cheese, tuna)**  Scones and dried fruit |

**Allergens this week are celery, cereals containing gluten, egg, fish, lupin, milk, soya, sulphur dioxide**

**Please ask a member of staff for more details**

**Week 5**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Porridge and dried fruit | Scrambled egg on toast | A selection of crumpets or muffins | Selection of cereals with a choice of milk or natural yoghurt | A choice of brioche or croissants |
| Snack | Malt loaf and spread | Banana and orange | Apple and mango | Strawberries and pineapple | Sugar snap peas and dip |
| Lunch | **Macaroni cheese with peas and carrots**  Apple and blackberry pie | **Minced turkey enchiladas**  Carrot and apple spiced muffins | **Chicken and butternut squash pie**  Homemade vanilla sponge | **Tuna pasta bake**  Rhubarb crumble | **Beef stroganoff**  Chocolate mousse |
| Snack | Beetroot salad | Breadsticks and a choice of dip | Digestives and spread | Rice cakes and tomatoes | Apple and orange |
| Tea | **Toasted pittas with a selection of fillings (egg, cheese, ham, tuna)**  Fruit sundae | **Potato wedges with carrot and sweetcorn dip and salad**  Mini cheesecakes | **Carrot and lentil soup with homemade bread**  Natural yoghurt and fruit | **Toasted sandwiches**  **with a selection of fillings**  Fruit platter | **Vegetable fingers and salad**  Semolina and dried fruit |

**Allergens this week are cereals containing gluten, eggs, fish, lupin, milk, sesame seeds, soya and sulphur dioxide**

**Please ask a member of staff for more details**

**Week 6**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Toast with a selection of spreads | Porridge and fresh fruit | Pancakes with a selection of fruits | Selection of cereals with a choice of milk or natural yoghurt | Scrambled egg on toast |
| Snack | Orange and pear | Peppers and dip selection | Melon and pineapple | Apple and banana | Mozzarella and beetroot slices |
| Lunch | **Roast chicken with lemon and tarragon linguine**  Pineapple upside down cake | **Chilli con carne and rice**  Homemade carrot cake | **Lamb moussaka with winter vegetables**  Homemade orange and lemon sponge | **Fish curry with rice**  Mint chocolate mousse | **Cottage pie with seasonal vegetables**  Mixed berry meringue |
| Snack | Malt loaf and banana milkshake | Banana and plum | Cheese and olives | Homemade popcorn | Dried apricots and dates |
| Tea | **Leek and potato soup with brown bread**  Fruit salad | **Pizza muffins with a selection of toppings**  Fruit yoghurt | **Jacket potatoes with assorted fillings**  Greek yoghurt and fruit | **Toasted pittas with peas, avocado and dip**  Fromage frais | **Tortellini and tomato sauce**  Pancake and fruit |

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