



Seasonal Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	TOMATO AND BASIL TAGLIATELLE	KORMA	SHEPHERD'S PIE	PESTO PASTA	FISH FRIDAY
	<i>Vegetables in a tomato sauce, tossed with tagliatelle and sprinkled with cheese.</i>	<i>Mildly spiced, creamy coconut curry served with fluffy vegetable rice and a popadom. Chicken or sweet potato.</i>	<i>Loaded with peas, carrots and onions in a rich gravy, topped with creamy mash. Lamb or chickpea.</i>	<i>Homemade basil pesto and broccoli tossed with pasta and baked with parmesan cheese.</i>	<i>Cod fish cakes, mashed potato and peas. Cod or broccoli cheese bake.</i>
	Natural yoghurt and fruit puree.	Banana cake.	Fresh fruit salad.	Fruity flapjack.	Rice pudding and sultanas.
All of our lunches and teas are offered with a side of vegetables or salad.					
Snacks	Our chefs provide a selection of morning and afternoon snacks, which include: fresh fruit, cream crackers and spread, rice cakes, pitta and homemade tzatziki and houmous, oat cakes, and breadsticks.				
Tea	Wholemeal rolls, filled with a choice of turkey, ham and cheese.	Baked beans, bread and butter soldiers with cheese and scrambled egg.	Chef's soup of the day and a crusty baguette.	Fajita wrap with homemade salsa. Chicken or Quorn fillets.	Breaded goujons, sweet potato wedges and crudités. Chicken or Quorn.
	Second servings, yoghurt and fresh fruit is available after tea.				
Drinks	Water is available throughout the day and milk is served with snacks.				
	Our chefs will adapt our menu to make suitable weaning options.				



Seasonal Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	MACARONI CHEESE	CHOW MEIN	ROAST DINNER	COTTAGE PIE	VEGETABLE JAMBALAYA
Lunch	<i>Macaroni pasta and fresh tomato in a cheesy sauce, topped and baked with breadcrumbs.</i>	<i>Vegetables, bean shoots, a splash of soy sauce, served with noodles. Chicken or vegetables.</i>	<i>Roast potatoes, Yorkshire pudding, vegetables and gravy. Roast chicken or Quorn.</i>	<i>Vegetable and tomato sauce topped with a creamy potato mash. Beef mince or lentils.</i>	<i>Colourful rice packed with vegetables and flavoured with paprika.</i>
	Mango ice-cream.	Melon medley.	Peach slices.	Fruit smoothie.	Fruit crumble and custard.
All of our lunches and teas are offered with a side of vegetables or salad.					
Snacks	Our chefs provide a selection of morning and afternoon snacks, which include: fresh fruit, cream crackers and spread, rice cakes, pitta and homemade tzatziki and houmous, oat cakes, and breadsticks.				
Tea	Breaded cod fish fingers, wholemeal wrap, sprinkled with cheese. Fish or falafel.	Mexican mixed bean enchilada bake topped with grated cheese.	Roasted butternut squash soup with garlic croutons.	Tuna mayonnaise or cheese baguettes with cucumber sticks and sweetcorn.	Mozzarella and tomato pizza muffins.
Second servings, yoghurt and fresh fruit is available after tea.					
Drinks	Water is available throughout the day and milk is served with snacks.				
Our chefs will adapt our menu to make suitable weaning options.					



Seasonal Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
	HOTPOT	BAKED GNOCCHI	FISH PIE	VEGETABLE SAVOURY RICE	LASAGNE
Lunch	<i>Hotpot, served with creamy mash potato and broccoli. Lamb or Quorn.</i>	<i>Potato dumplings with tomato, spinach and courgette, topped with cheese.</i>	<i>Fish in a creamy white sauce, peas and sweetcorn topped with mash. Fish fillet or vegetables.</i>	<i>Peppers, carrots, baby corn and rice with garlic and soy sauce.</i>	<i>Tomato and vegetable sauce layered with pasta sheets and creamy white sauce. Served with garlic bread. Beef or Quorn mince.</i>
	Greek yoghurt with raspberry compote.	Bananas and custard.	Fresh fruit salad.	Homemade shortbread.	Pineapple fingers.
All of our lunches and teas are offered with a side of vegetables or salad.					
Snacks	Our chefs provide a selection of morning and afternoon snacks, which include: fresh fruit, cream crackers and spread, rice cakes, pitta and homemade tzatziki and houmous, oat cakes, and breadsticks.				
Tea	Tuna and sweetcorn pasta.	Jacket potato with cheese and beans.	Homemade pizza puffs with cucumber and carrot batons.	Chicken burgers, wholemeal buns, cheese, sliced tomato and sweetcorn.	Ham and cheddar cheese pinwheels served with crudité's.
Second servings, yoghurt and fresh fruit is available after tea.					
Drinks	Water is available throughout the day and milk is served with snacks.				
Our chefs will adapt our menu to make suitable weaning options.					