

**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	<b>Paprika chicken, cous cous and vegetables</b> Bananas and custard	<b>Homemade fish cakes, potato wedges and garden peas</b> Fruit flapjack	<b>Cauliflower and lentil curry with rice</b> Mixed berry meringue	<b>Pork and apple casserole</b> Strawberry mousse	<b>Shepherd's pie</b> 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	<b>Scrambled egg with toasted muffins</b> Fruit platter	<b>Fish fingers and crudités</b> Natural yoghurt and fruit	<b>Tomato soup and homemade bread</b> Fromage frais	<b>Selection of toasted sandwiches (cheese, ham, tuna)</b> Fruit cookies	<b>Salmon and broccoli parcels</b> 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	<b>Chicken chow mein</b> Bread and butter pudding	<b>Chickpea curry with rice</b> Fruit flapjack	<b>Salmon tagliatelle</b> Banana mousse	<b>Gammon and pineapple with mashed potato and vegetables</b> Blueberry muffins	<b>Beef leek and swede Cumberland pie</b> 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	<b>Pittas and cheese salad with hummus</b> Winter fruit salad with vanilla sauce	<b>Cheese and tomato tortilla pizzas</b> Mini cheesecakes	<b>Toasted bagels with cream cheese and crudités</b> Fruit sundae	<b>Homemade pork and apple sausage rolls</b> Natural yoghurt and fruit	<b>Winter ploughman's</b> Fruit cookies

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### 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	<b>Butternut squash risotto</b> Apple crumble	<b>Turkey bolognese with penne pasta</b> Zucchini muffin	<b>Beef and bean cobbler</b> Chocolate tiffin	<b>Lamb, potato and pearl barley stew</b> Bananas and custard	<b>Creamy cod and vegetable rosti pie</b>
Snack	Malt loaf and berry smoothie	Cheese and crackers	Cucumber swords	Ryevitas and cream cheese	Oatcake and cucumber
Tea	<b>Chicken taco's</b> Baked custard	<b>Jacket potatoes with chilli</b> Fruit platter	<b>Potato and lentil cakes</b> Stewed seasonal fruit and yoghurt	<b>Winter vegetable quiche</b> Greek yoghurt and dried fruit	<b>Toasted sandwiches with a choice of fillings</b> Fruit jelly

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**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
<b>Lunch</b>	<b>Spaghetti bolognese</b> Ginger and lime sponge	<b>Beef and Courgette gratin</b> Sweet potato and date chocolate brownies	<b>Roasted sausages and sweet potato white bean stew</b> Mixed berry crumble	<b>Chicken roast dinner and seasonal vegetables</b> Pea and mint muffins	<b>Vegetable Lasagne</b> 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	<b>Sweet potato and butternut squash soup with brown bread</b> Greek yoghurt and pineapple	<b>Pasta and vegetables with cheese sauce</b> Fruit salad	<b>Cous cous with mediterranean vegetables</b> Semolina and dried fruit	<b>Beans and cheese on toast</b> Fruit yoghurt	<b>Jacket potato with an assortment of fillings (ham, cheese, tuna)</b> Scones and dried fruit

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## 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	<b>Macaroni cheese with peas and carrots</b> Apple and blackberry pie	<b>Minced turkey enchiladas</b> Carrot and apple spiced muffins	<b>Chicken and butternut squash pie</b> Homemade vanilla sponge	<b>Tuna pasta bake</b> Rhubarb crumble	<b>Beef stroganoff</b> Chocolate mousse
Snack	Beetroot salad	Breadsticks and a choice of dip	Digestives and spread	Rice cakes and tomatoes	Apple and orange
Tea	<b>Toasted pittas with a selection of fillings (egg, cheese, ham, tuna)</b> Fruit sundae	<b>Potato wedges with carrot and sweetcorn dip and salad</b> Mini cheesecakes	<b>Carrot and lentil soup with homemade bread</b> Natural yoghurt and fruit	<b>Toasted sandwiches with a selection of fillings</b> Fruit platter	<b>Vegetable fingers and salad</b> Semolina and dried fruit

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## 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	<b>Roast chicken with lemon and tarragon linguine</b> Pineapple upside down cake	<b>Chilli con carne and rice</b> Homemade carrot cake	<b>Lamb moussaka with winter vegetables</b> Homemade orange and lemon sponge	<b>Fish curry with rice</b> Mint chocolate mousse	<b>Cottage pie with seasonal vegetables</b> Mixed berry meringue
Snack	Malt loaf and banana milkshake	Banana and plum	Cheese and olives	Homemade popcorn	Dried apricots and dates
Tea	<b>Leek and potato soup with brown bread</b> Fruit salad	<b>Pizza muffins with a selection of toppings</b> Fruit yoghurt	<b>Jacket potatoes with assorted fillings</b> Greek yoghurt and fruit	<b>Toasted pittas with peas, avocado and dip</b> Fromage frais	<b>Tortellini and tomato sauce</b> Pancake and fruit

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