

AUTUMN & WINTER MENU

WEEK ONE



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MONDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Chicken & Sweetcorn Supreme
Diced chicken breast, onions & sweetcorn in a creamy sauce
Served with rice and garden peas
Selection of fresh seasonal fruit
Allergens: **G SY DA SU LU**

LUNCH

Soup of the Day
Chef's soup of the day served with a side of warm crusty bread - this will be emailed to you each week
Homemade cookies & yoghurt
Allergens: **G SY DA CE SU LU**

DINNER

TUESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Savoury Mince
Lean minced beef, onions, carrots & celery in homemade gravy
Served with a broccoli florets and homemade Yorkshire Puddings
Cheese & biscuits
Allergens: **G E SY DA CE SU LU**

LUNCH

Creamy Vegetable & Garlic Pasta
Farfalle pasta with chef's choice of vegetables in a creamy garlic sauce
Served with a salad garnish and garlic bread

Selection of fresh seasonal fruit
Allergens: **G SY DA CE SU LU**

DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Vegetable Curry of the Day
Chef's choice of vegetarian curry - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day

Melon wedges & yoghurt
Allergens: **G E F SY DA CE SU LU**

LUNCH

Sausage & Cannellini Bean Casserole
Pork sausages, onions, paprika, celery, carrots, tomatoes and sliced greens
Served with crusty bread
Selection of fresh seasonal fruit
Allergens: **G SY DA CE SU LU**

DINNER

Allergen Information: **G**-Gluten **SF**-Shellfish **E**-Egg **F**-Fish **N**-Nuts **SY**-Soya **DA**-Dairy **CE**-Celery **M**-Mustard **SE**-Sesame **SU**-Sulphites **LU**-Lupin

THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Hidden Veg Bolognese
Lean minced beef, onions & finely diced carrots, courgettes & mushrooms in a homemade tomato sauce,
Served on a bed of spaghetti
Selection of fresh seasonal fruit
Allergens: **G SY DA SU LU**

LUNCH

Topped Jackets
Jacket potatoes topped with grated cheddar & baked beans
Served with lettuce and crudité's
Stewed fruit & custard
Allergens: **E SY DA CE SU LU**

DINNER

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Mince & Yorkshires
Minced lamb, onions, celery, carrots, mint & gravy in Yorkshire puddings
Served with cabbage medley
Selection of fresh seasonal fruit
Allergens: **G E SY DA CE SU LU**

LUNCH

Fish Supper
Breaded fish of the day, crispy potato wedges and garden peas
Served with brown bread & butter
Rice pudding
Allergens: **G E F SY DA SU LU**

DINNER

*In Baby Stars this will be served as a finger food along with a bowl of the Chef's dish of the day. This will be detailed in your baby's daily diary

AUTUMN & WINTER MENU

WEEK TWO



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MONDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Cumberland Pie

Lean mince, onions and mushrooms in a rich gravy, topped with creamy mashed potato and a layer of cheese bread crumbs and baked until golden
Served with a duo of seasonal vegetables
Fruit & yoghurt
Allergens: **G SY DA SU LU**

LUNCH

Three Bean Tagine

Mixed beans, onions, celery & garlic in a spicy homemade tomato sauce
Served with lemon cous cous & topped with natural yoghurt
Selection of fresh seasonal fruit
Allergens: **G DA CE SU LU**

DINNER

TUESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Lasagne of the Day

Chef's choice of lasagne - this will change each week to give the children opportunity to explore new flavours.
Details will be emailed to you on the day
Selection of fresh seasonal fruit
Allergens: **G E SY DA CE SU LU**

LUNCH

Topped Jackets

Jacket potatoes served with a choice of toppings
Served with salad sticks and cherry tomatoes
Healthy home baking
Allergens: **G E F SY DA CE SU LU**

DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Fish Pie of the Day

Chef's choice of fish in a creamy sauce topped with either pastry or potatoes
Served with swede and carrot mash and fine green beans
Selection of fresh seasonal fruit
Allergens: **G E F SY DA SU LU**

LUNCH

Vegetable Bolognese & Wedges

Slow cooked lentils, tomatoes, onions, mushrooms, peppers & garlic
Served with crispy homemade wedges
Cheese & biscuits
Allergens: **G SY DA SU LU**

DINNER

THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Caribbean Chicken

Diced chicken cooked with onion, thyme, garlic, & paprika
Served with traditional style rice & peas
Pineapple wedges
Allergens: **G SY DA SU LU**

LUNCH

Homemade Pizza

Homemade pizzas* with an assortment of toppings chosen by the children!
Served with garden salad
Mandarin Jelly & Greek yoghurt
Allergens: **G F SY DA CE SU LU**

DINNER

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Bangers & Mash

Pork sausages, creamy mashed potato and rich onion gravy
Served with a duo of seasonal vegetables
Bananas & custard
Allergens: **G E SY DA CE SU LU**

LUNCH

Curry of the Day

Chef's choice of curry - this will change each week to give the children opportunity to explore new flavours.
Details will be emailed to you on the day
Selection of fresh seasonal fruit
Allergens: **G E F SY DA CE SU LU**

DINNER

Allergen Information: **G**-Gluten **SF**-Shellfish **E**-Egg **F**-Fish **N**-Nuts **SY**-Soya **DA**-Dairy **CE**-Celery **M**-Mustard **SE**-Sesame **SU**-Sulphites **LU**-Lupin

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WEEK THREE



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MONDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Tuna & Macaroni Bake
Flaked tuna and macaroni in a
homemade cheese sauce
Served with a duo of seasonal
vegetables
Selection of fresh seasonal fruit
Allergens: **G F SY DA CE SU LU**

LUNCH

Sausage & Bean Stew
Lean pork sausages, mixed beans,
onions, celery & peppers in a tomato
sauce
Served with warm crusty bread
Apple & yoghurt
Allergens: **G SY DA CE SU LU**

DINNER

TUESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Pie & Peas
Mince, onion & potato pie
Served with garden peas, carrots,
cauliflower and a rich onion gravy
Selection of fresh seasonal fruit
Allergens: **G SY DA SU LU**

LUNCH

Soup of the Day
Chef's soup of the day - this will change
each week to give the children
opportunity to explore new flavours.
Details will be emailed to you on the
day
Served with cheese filled rolls
Healthy home baking
Allergens: **G E DA SY CE SU LU**

DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Around the World in 80 Days
Chef's choice of dish from around the
World- this will change each week to
give the children opportunity to explore
new flavours. Details will be emailed to
you on the day.

Selection of fresh seasonal fruit
Allergens: **G E F SY DA CE SE SU LU**

LUNCH

Dogs & Dippers

*Lean pork sausages in soft finger rolls
with a side of root vegetable wedges
Served with baked beans
Homemade Semolina/Rice pudding
Allergens: **G SY E DA SU LU**

DINNER

THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Roast Dinner
Chef's choice of roast meat served with
potatoes, a duo of seasonal vegetables
and homemade gravy
Selection of fresh seasonal fruit
Allergens: **G SY CE SU LU**

LUNCH

Vegetable Rigatoni
Courgettes, onions, garlic, cannellini
beans, peppers & tomatoes on a bed of
rigatoni pasta
Served with garlic baguette
Cheese & biscuits
Allergens: **G SY DA SU LU**

DINNER

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Spicy Mince & Rice
Lean mince, onions, garlic, ginger,
spices, peas & spinach cooked slowly in
the oven
Served with rice and cucumber raita
Selection of fresh seasonal fruit
Allergens: **G SY DA CE SE SU LU**

LUNCH

Cheese & Onion Pastries
Homemade cheese, onion & potato
pastry rolls
Served with salad sticks, cherry
tomatoes & homemade dips
Healthy home baking
Allergens: **G SY DA CE SU LU**

DINNER

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WEEK FOUR



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MONDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Chilli Con Carne
Minced beef, onions, celery, peppers and kidney beans in a spicy homemade tomato sauce
Served with boiled rice, sour cream & grated cheese
Selection of fresh seasonal fruit
Allergens: **G E SY DA CE SU LU**

LUNCH

Sausage Supper
Lean pork sausages, Chef's potato of the day and onion gravy
Served with a duo of vegetables
Fruit smoothie & cookies
Allergens: **G SY DA SU LU**

DINNER

TUESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Haddock Bake
Smoked haddock and sweetcorn in a creamy sauce, topped with sliced potato and cheese
Served with a duo of vegetables
Selection of fresh seasonal fruit
Allergens: **G F SY DA SU LU**

LUNCH

Chinese House Special
Chef's choice of Chinese dish - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day.

Yoghurt & fruit
Allergens: **G E F SY DA CE SE SU LU**

DINNER

WEDNESDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Minced Beef Stew
Minced beef, onions, celery, swede and carrots, cooked in a rich gravy and topped with herby dumplings
Served with broccoli spears
Selection of fresh seasonal fruit
Allergens: **G SY DA CE SU LU**

LUNCH

Chef's Pasta of the Day
Chef's choice of pasta dish - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day.

Crumble & custard
Allergens: **G E F SY DA CE SU LU**

DINNER

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THURSDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Fish & Chips
White fish and potato in breadcrumbs, with homemade potato wedges
Served with garden peas, carrots and parsley sauce
Selection of fresh seasonal fruit
Allergens: **G E F SY DA CE LU**

LUNCH

Peri Peri Turkey & Cous Cous
Diced turkey breast in a peri peri sauce, with roasted seasonal vegetables
Served on a bed of cous cous & quinoa
Oatie bites & yoghurt
Allergens: **G E F SY DA CE SU LU**

DINNER

FRIDAY

Selection of cereals
Wholemeal toast and spreads
Natural yoghurt & fresh fruit
Diluted fruit juice, milk or water
Allergens: **G DA SU LU**

BREAKFAST

Hunters Chicken
Diced chicken breast in a homemade BBQ sauce, topped with cheese
Served with roast potatoes & Chef's choice of vegetables
Yoghurt & fruit wedges
Allergens: **G E SY DA CE SU LU**

LUNCH

Soup of the Day
Chef's soup of the day - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day
Served with crusty bread
Steamed fruit pudding & ice-cream
Allergens: **G E F SY DA CE SU LU**

DINNER

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