# Autumn and Winter 2022

## Menu Week 1

| | Monday | Tuesday | Wednesday | Thursday (V) | Friday |
|---|---|---|---|---|---|
| | **Breakfast-** Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information) | | | | |
| | **Morning Snack-**Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information) | | | | |
| | **Lunch** (served with a cup of water) | | | | |
| **Starter** | | Mango chutney with naan bread dippers<br>G | | Garlic bread<br>G DA SY SE | |
| **Main** | Chefs special-<br>See daily menu for information including allergens | Salmon and vegetable curry<br>F MU | BBQ chicken melt<br>DA | Mixed vegetable pasta bolognese<br>G | Cheese, onion, and potato pie<br>G DA |
| **Vegetarian Option** | Chefs vegetarian special-<br>See daily menu for information including allergens | Mixed Vegetable Curry<br>MU | BBQ tofu melt<br>DA SY | Same as main menu | Same as main menu |
| **On the side** | | 50/50 rice | Wedges<br>Sweetcorn | | Homemade baked beans |
| **Dessert** | Chefs special<br>See daily menu for information including allergens | | Poached pears and low sugar chocolate custard<br>DA | | Fruit platter |

**Afternoon snack-**Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

| | Early Evening Snack (served with a cup of water) | | | | |
|---|---|---|---|---|---|
| **Starter** | Hummus with vegetable dippers<br>SE | | Apple and cheese fingers<br>DA | | |
| **Main** | Toasted bagel with cream cheese<br>G SE DA | Chef's choice of soup<br>Minestrone<br>CE G<br>or<br>Carrot and coriander<br>DA | Children's choice<br>Wraps with a variety of fillings<br>G E MU SE DA F | Jacket potato slice with cheese savoury<br>E DA | Sandwich selection:<br>Egg mayo<br>G SE E<br>Turkey<br>G SE |
| **Vegetarian Option** | Same as both courses | Same as main menu | Children's choice<br>Wraps with a variety of vegetarian fillings<br>G E MU SE DA | Same as main menu | Sandwich selection:<br>Egg mayo<br>G SE E<br>And<br>Hummus and tomato<br>G SE |
| **On the side** | | | Tomato wedges | Cucumber | Carrot sticks |
| **Dessert** | | Fruit salad | | Banana and sultanas | Yoghurt with winter berries<br>DA |

**Where allergens are present, it is displayed next to the appropriate meal**

**Allergen coding: GLUTEN – G, EGG – E, FISH – F, NUTS – N, PEANUTS – PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD-MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELLFISH – SF (Crustaceans and Molluscs) (V)-VEGETARIAN DAY**

# Autumn and Winter 2022

## Menu Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday (V) |
|---|---|---|---|---|---|
| | **Breakfast-** Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information) | | | | |
| | **Morning Snack-**Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information) | | | | |
| | **Lunch** (served with a cup of water) | | | | |
| **Starter** | Cheese straws DA G | | Melon | | |
| Main | Chicken pasta G DA | Lemon-sole fish bites F | Sloppy Joe bake CE G SY DA | Pork dinner | Chefs vegetarian special- See daily menu for information including allergens |
| **Vegetarian Option** | Blackeye beans and vegetable pasta G DA | Veggie nuggets G | Vegetarian sloppy Joe bake CE G SY DA | Tofu dinner SY | Same as main menu |
| **On the side** | Green beans | New potatoes Mushy peas | Broccoli | Apple and potato mash Carrots Sprouts | |
| **Dessert** | | Banana and blueberry loaf G E or Lemon and parsnip loaf G E | | Seasonal fruit | Apple and blackberry crumble with vanilla yoghurt G DA |

**Afternoon snack-**Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

| | Early Evening Snack (served with a cup of water) | | | | |
|---|---|---|---|---|---|
| **Starter** | | A selection of veggie sticks CE | | | Sweet potato hummus with naan fingers G SE |
| **Main** | Homemade baked beans on a toast G | Children's choice of Pizza: Rainbow Vegetable G SY DA SE or Chicken and mushroom G SY DA SE | Sandwich selection: Plain ham G SE and Egg mayo with cress G SE E | Salmon and cream cheese pinwheels G DA F | Curried vegetable Soup CE G |
| **Vegetarian Option** | Same as main menu | Children's choice of pizza: Rainbow vegetable G SY DA SE or Margherita G SY DA SE | Sandwiches: Egg mayo with cress G SE E | Cream cheese and tomato pinwheels G DA | Same as main menu |
| **On the side** | | | Grated carrot | Mixed peppers | |
| | Rice pudding with date and apple sauce DA | | Yoghurt and fruit DA | Apple and pear slices | |

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# Autumn and Winter 2022

## Menu Week 3

| | Monday (V) | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| | **Breakfast-** Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information) | | | | |
| | **Morning Snack-**Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information) | | | | |
| | **Lunch** (served with a cup of water) | | | | |
| **Starter** | Garlic bread<br>G SY DA SE | | | | Melon |
| **Main** | Mushroom and red pepper pasta<br>DA G | Chef choice<br>Beef and black bean burrito<br>G<br>or<br>Mild chili con carne<br>G | Cowboy pie<br>G SY CE SU | Fish cake<br>G F | Chicken Brunswick stew<br>CE |
| **Vegetarian Option** | Same as main menu | Vegetable and black bean burrito<br>G<br>or<br>Mild veggie chili con carne<br>G SY | Veggie cowboy pie<br>SY SU | Homemade sweet potato burger<br>G | Chickpea and vegetable Brunswick stew<br>CE |
| **On the side** | Broccoli | 50/50 rice | Sweetcorn | New potatoes<br>peas<br>homemade tomato ketchup<br>G | Creamy mashed potato<br>DA |
| **Dessert** | | Semolina with fruit<br>DA G | Children's choice:<br>Fruity flapjack<br>G SU<br>or<br>Lemon shortbread<br>G | Banana and yoghurt<br>DA | |

**Afternoon snack-**Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

| | Early Evening Snack (served with a cup of water) | | | | |
|---|---|---|---|---|---|
| **Starter** | | Pea and sweet potato soup | | Corn on the cob | |
| **Main** | Roasted vegetable and avocado wrap<br>DA G | Turkey, cranberry, and stuffing panini<br>SE G | Mixed potato wedges | Homemade Spaghetti on toasted muffin<br>SE G SY | Cheese, ham, and chive muffin<br>G DA E |
| **Vegetarian Option** | Same as main menu | Cheese and cranberry panini<br>SE G DA | Same as main menu | Same as main menu | Cheese sweetcorn, and chive muffin<br>G DA E |
| **On the side** | Mixed Veggie sticks<br>CE | Carrot sticks | Indian roast tomato dip | | Cucumber sticks |
| **Dessert** | Peach yoghurt<br>DA | | Satsuma smiles | | Apple and sultanas |

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# Autumn and Winter 2022

## Menu Week 4

| | Monday (V) | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| | **Breakfast-** Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information) | | | | |
| | **Morning Snack-**Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information) | | | | |
| | **Lunch** (served with a cup of water) | | | | |
| **Starter** | Garlic bread<br>G DA SY SE | | | Mango chutney with naan bread dippers<br>G | |
| **Main** | Mixed vegetable pasta bolognese<br>G | Cheese, onion, and potato pie<br>G DA | Chefs special-<br>See daily menu for information including allergens | Salmon and vegetable curry<br>MU F | BBQ chicken melt<br>DA |
| **Vegetarian Option** | Same as main menu | Same as main menu | Chefs vegetarian special-<br>See daily menu for information including allergens | Mixed Vegetable Curry<br>MU | BBQ tofu melt<br>DA SY |
| **On the side** | | Homemade baked beans | | 50/50 rice | Wedges<br>Sweetcorn |
| **Dessert** | | Fruit platter | Chefs special<br>See daily menu for information including allergens | | Poached pears and low sugar chocolate custard<br>DA |

**Afternoon snack-**Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

| | Early Evening Snack (served with a cup of water) | | | | |
|---|---|---|---|---|---|
| **Starter** | | | Hummus with vegetable dippers<br>SE | | Apple and cheese fingers<br>DA |
| **Main** | Jacket potato slice with cheese savoury<br>E DA | Sandwich selection:<br>Egg mayo<br>G SE E<br>Turkey<br>G SE | Toasted bagel with cream cheese<br>G SE DA | Chef's choice of soup<br>Minestrone<br>CE G<br>or<br>Carrot and coriander<br>DA | Children's choice<br>Wraps with a variety of fillings<br>G E MU SE DA |
| **Vegetarian Option** | Same as main menu | Sandwich selection:<br>Egg mayo<br>G SE E<br>And<br>Hummus and tomato<br>G SE | Same as both courses | Same as main menu | Children's choice<br>Wraps with a variety of vegetarian fillings<br>G E MU SE DA |
| **On the side** | Cucumber | Carrot sticks | | | Tomato wedges |
| **Dessert** | Banana and sultanas | Yoghurt with winter berries<br>DA | | Fruit salad | |

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# Autumn and Winter 2022

## Menu Week 5

| | Monday | Tuesday (V) | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| | **Breakfast-** Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information) | | | | |
| | **Morning Snack-**Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information) | | | | |
| | **Lunch** (served with a cup of water) | | | | |
| **Starter** | | | Cheese straws<br>DA G | | Melon |
| **Main** | Pork dinner | Chefs vegetarian special-<br>See daily menu for information including allergens | Chicken pasta<br>G DA | Lemon-sole fish bites<br>F | Sloppy Joe bake<br>CE G SY DA |
| **Vegetarian Option** | Tofu dinner<br>SY | Same as main menu | Blackeye beans and vegetable pasta<br>G DA | Veggie nuggets<br>G | Vegetarian sloppy Joe bake<br>CE G SY DA |
| **On the side** | Apple and potato mash<br>Carrots<br>Sprouts | | Green beans | New potatoes<br>Mushy peas | Broccoli |
| **Dessert** | Seasonal fruit | Apple and blackberry crumble with vanilla yoghurt<br>G DA | | Banana and blueberry loaf<br>G E<br>or<br>Lemon and parsnip loaf<br>G E | |

**Afternoon snack-**Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

| | Early Evening Snack (served with a cup of water) | | | | |
|---|---|---|---|---|---|
| **Starter** | | Sweet potato hummus with naan fingers<br>G SE | | A selection of veggie sticks<br>CE | |
| **Main** | Salmon and cream cheese pinwheels<br>G DA F | Curried vegetable Soup<br>CE G | Homemade baked beans on a toast<br>G | Children's choice of Pizza:<br>Rainbow Vegetable<br>G SY DA SE<br>or<br>Chicken and mushroom<br>G SY DA SE | Sandwich selection:<br>Plain ham<br>G SE<br>and<br>Egg mayo with cress<br>G SE E |
| **Vegetarian Option** | Cream cheese and tomato pinwheels<br>G DA | Same as main menu | Same as main menu | Children's choice of pizza:<br>Rainbow vegetable<br>G SY DA SE<br>or<br>Margherita<br>G SY DA SE | Sandwiches:<br>Egg mayo with cress<br>G SE E |
| **On the side** | Mixed peppers | | | | Grated carrot |
| **Dessert** | Apple and pear slices | | Rice pudding with date and apple sauce<br>DA | | Yoghurt and fruit<br>DA |

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# Autumn and Winter 2022

## Menu Week 6

| | Monday | Tuesday | Wednesday (V) | Thursday | Friday |
|---|---|---|---|---|---|
| | **Breakfast-** Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information) | | | | |
| | **Morning Snack-**Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information) | | | | |
| | **Lunch** (served with a cup of water) | | | | |
| **Starter** | | Melon | Garlic bread<br>G SY DA SE | | |
| **Main** | Fish cake<br>G F | Chicken Brunswick stew<br>CE | Mushroom and red pepper pasta<br>DA G | Chef choice<br>Beef and black bean burrito<br>G<br>or<br>Mild chili con carne<br>G | Cowboy pie<br>G SY CE SU |
| **Vegetarian Option** | Homemade sweet potato burger<br>G | Chickpea and vegetable Brunswick stew<br>CE | Same as main menu | Vegetable and black bean burrito<br>G<br>or<br>Mild veggie chili con carne<br>G SY | Veggie cowboy pie<br>SY SU |
| **On the side** | New potatoes<br>peas<br>homemade tomato ketchup<br>G | Creamy mashed potato<br>DA | Broccoli | 50/50 rice | Sweetcorn |
| **Dessert** | Banana and yoghurt<br>DA | | | Semolina with fruit<br>DA G | Children's choice:<br>Fruity flapjack<br>G SU<br>or<br>Lemon shortbread<br>G |

**Afternoon snack-**Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

| | Early Evening Snack (served with a cup of water) | | | | |
|---|---|---|---|---|---|
| **Starter** | Corn on the cob | | | Pea and sweet potato soup | |
| **Main** | Homemade Spaghetti on toasted muffin<br>SE G SY | Cheese, ham, and chive muffin<br>G DA E | Roasted vegetable and avocado wrap<br>DA G | Turkey, cranberry, and stuffing panini<br>SE G | Mixed potato wedges |
| **Vegetarian Option** | Same as main menu | Cheese sweetcorn, and chive muffin<br>G DA E | Same as main menu | Cheese and cranberry panini<br>SE G DA | Same as main menu |
| **On the side** | | Cucumber sticks | Mixed Veggie sticks<br>CE | Carrot sticks | Indian roast tomato dip |
| **Dessert** | | Apple and sultanas | Peach yoghurt<br>DA | | Satsuma smiles |

**Where allergens are present, it is displayed next to the appropriate meal**

**Allergen coding: GLUTEN – G, EGG – E, FISH – F, NUTS – N, PEANUTS – PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD-MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELLFISH – SF (Crustaceans and Molluscs) (V)-VEGETARIAN DAY**