

Autumn/Winter 2023-24

Menu week 1

Weeks commencing: 23/10/23, 04/12/23, 15/01/24, 26/02/24, 08/04/24

	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	Garlic bread G DA SY		Cheese twists G DA		
Main	Ham and vegetable carbonara G DA SY MU	Vegetarian sausage toad in the hole with gravy G DA E SY	Chefs fish special See chef for allergen information	Sweet and sour chicken G CE SU	Beef mince in gravy or Lamb mince in gravy
Vegetarian Option	Chickpea and vegetable carbonara G DA SY MU	As main menu	Chefs vegetarian special See chef for allergen information	Sweet and sour tofu G CE SU SY	Pearl barley & vegetable casserole G CE
On the side	Broccoli	New potatoes Sprouts		Rice	Mashed potato Swede Peas
Dessert		Oranges		Banana	Pear and ginger loaf G E Or Yoghurt with fruit DA

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

	Light Tea (served with a cup of water)				
Starter		Hummus with a selection of vegetable sticks SE CE			Melon
Main	Jacket potato slice with homemade baked beans in a tomato sauce	Cheese savoury sandwiches G DA E SY Or Egg mayo sandwiches G E SY	Leek and potato soup #124792	Childrens choice: A selection of tortilla pinwheels Salmon & Cream cheese F G DA Chicken & sweetcorn G E	Homemade spaghetti on toast SE G SY MU
Vegetarian Option	As main menu	As main menu	As main menu	Childrens choice: A selection of vegetarian tortilla pinwheels Cream cheese & cucumber G DA Egg & cress G MU E	As main menu
On the side			Buttered bread fingers G SY SE	Grated beetroot	
Dessert	Fresh fruit platter		Peaches	Apple and sultanas	

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**



Startwell



Menu week 2

Weeks commencing: 30/10/23, 11/12/23, 22/01/24, 04/03/24, 15/04/24

	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		Corn on the cob		Chefs Special: Around the world See chef for allergen information	
Main	Vegetarian Mince and dumplings G SY	Chicken and leek pie DA G	Lamb in gravy	Chefs Special: Around the world See chef for allergen information	Fish fingers F
Vegetarian Option	As main menu	Cannellini bean and leek pie DA G	Puy lentils and vegetables in gravy	Chefs Special: Around the world See chef for allergen information	Vegetable croquettes G DA E
On the side	Swede Cauliflower	Broccoli Mashed potato	Roasted carrots and parsnips Minted new potatoes	Chefs Special: Around the world See chef for allergen information	Mixed potato wedges Mushy peas
Dessert	Semolina with mixed berries DA G		Fruit salad		Blueberry muffin G E Or Fruity mousse DA

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

	Light Tea (served with a cup of water)				
Starter	Vegetable sticks with guacamole CE E or Sour cream and chive dip CE E DA MU				Naan G or Pitta Bread dippers G with mango chutney
Main	Tex Mex burritos G DA	Childrens choice of sandwiches: Egg and cress E MU SY G SE Ham and tomato SY G SE Hummus and cucumber SY G SE	Turkey, stuffing, and cranberry panini fingers G SE	Homemade beans on toast SY G SE	Curried lentil dhal G
Vegetarian Option	As main menu	Hummus and cucumber SY G SE Egg and cress E MU SY G SE	Cheese and cranberry panini fingers G SE DA	As main menu	Same as main menu
On the side		Grated carrot			
Dessert		Banana	Oranges and sultanas	Yoghurt with a mango coulis A	

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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 2023

Menu Week 3

Weeks commencing: 06/11/23, 18/12/23, 29/01/24, 11/03/24, 22/04/24

	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	Corn on the cob			Onion Bhaji with a Raita Dip DA or Naan Bread with Raita Dip DA G	
Main	Beef in a creamy mushroom sauce DA	Fish pie F	Lamb stew	Turkey Korma DA	Mixed bean Goulash or Roast aubergine and mixed bean casserole
Vegetarian Option	Quorn in a creamy mushroom sauce DA E	Butterbean and vegetable pie	Chunky vegetable and lentil stew	Chickpea korma DA	As above
On the side	Roast potatoes Peas	Green beans Swede	Bubble and squeak mash	Rice Cauliflower	Red cabbage SU G Garlic and herb potatoes
Dessert		Warm spiced pineapple with Yoghurt DA Or Banana Flapjack G	Apple and blackberry crumble with low sugar custard DA G		Orange smiles

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

	Light Tea (served with a cup of water)				
Starter		Melon			Hummus with carrot dippers SE
Main	Vegetable soup	Chefs special: Light Tea	Baked cheese and onion roll G DA	Sandwiches: Ham SE G SY Or Tuna mayo SE G SY F E	Children's choice of pizza: Margherita SE G SY DA or Rainbow vegetable SE G SY DA
Vegetarian Option	As main menu	Chefs special: Vegetarian Light Tea	As main menu	Hummus SE G SY Or Egg Mayo SE G SY E	As main menu
On the side	Buttered bread fingers SE G SY		Homemade spaghetti SY MU G	Cucumber sticks	
Dessert	Plums and pears		Peaches and sultanas	Fruit salad	

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Startwell



Autumn/Winter 2023-24

Menu week 4

Weeks commencing: 13/11/23, 25/12/23, 05/02/24, 18/03/24, 29/04/24

	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			Garlic bread G DA SY		Cheese twists G DA
Main	Sweet and sour chicken G CE SU	Beef mince in gravy or Lamb mince in gravy	Ham and vegetable carbonara G DA SY MU	Vegetarian sausage toad in the hole with gravy G DA E SY	Chefs fish special See chef for allergen information
Vegetarian Option	Sweet and sour tofu G CE SU SY	Pearl barley & vegetable casserole G CE	Chickpea and vegetable carbonara G DA SY MU	As main menu	Chefs vegetarian special See chef for allergen information
On the side	Rice	Mashed potato Swede Peas	Broccoli	New potatoes Sprouts	
Dessert	Banana	Pear and ginger loaf G E Or Yoghurt with fruit DA		Oranges	

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

	Light Tea (served with a cup of water)				
Starter		Melon		Hummus with a selection of vegetable sticks SE CE	
Main	Childrens choice: A selection of tortilla pinwheels Salmon & Cream cheese F G DA Chicken & sweetcorn G E	Homemade spaghetti on toast SE G SY MU	Jacket potato slice with homemade baked beans in a tomato sauce	Cheese savoury sandwiches G DA E SY Or Egg mayo sandwiches G E SY	Leek and potato soup
Vegetarian Option	Childrens choice: A selection of vegetarian tortilla pinwheels Cream cheese & cucumber G DA Egg & cress G MU E	As main menu	As main menu	As main menu	As main menu
On the side	Grated beetroot				Buttered bread fingers G SY SE
Dessert	Apple and sultanas		Fresh fruit platter		Peaches

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Startwell



Menu week 5

Weeks commencing: 20/11/23, 01/01/24, 12/02/24, 25/03/24, 06/05/24

	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	Chefs Special: Around the world See chef for allergen information			Corn on the cob	
Main	Chefs Special: Around the world See chef for allergen information	Fish fingers F	Vegetarian Mince and dumplings G SY	Chicken and leek pie DA G	Lamb in gravy
Vegetarian Option	Chefs Special: Around the world See chef for allergen information	Vegetable croquettes G DA E	As main menu	Cannellini bean and leek pie DA G	Puy lentils and vegetables in gravy
On the side	Chefs Special: Around the world See chef for allergen information	Mixed potato wedges Mushy peas	Swede Cauliflower	Broccoli Mashed potato	Roasted carrots and parsnips Minted new potatoes
Dessert		Blueberry muffin G E Or Fruity mousse DA	Semolina with mixed berries DA G		Fruit salad

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

	Light Tea (served with a cup of water)				
Starter		Naan G or Pitta Bread dippers G with mango chutney			Melon and sultanas
Main	Homemade beans on toast SY G SE	Curried lentil dhal G	Tex Mex burritos G DA	Childrens choice of sandwiches: Egg and cress E MU SY G SE Ham and tomato SY G SE Hummus and cucumber SY G SE	Turkey, stuffing, and cranberry panini fingers G SE
Vegetarian Option	As main menu	Same as main menu	As main menu	Hummus and cucumber SY G SE Egg and cress E MU SY G SE	Cheese and cranberry panini fingers G SE DA
On the side			Vegetable sticks with guacamole CE E or Sour cream and chive dip CE E DA MU	Grated carrot	
Dessert	Yoghurt with a mango coulis A		Oranges	Banana	

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Autumn/Winter 2023-24

Menu week 6

Weeks commencing: 27/11/23, 08/01/24, 19/02/24, 01/04/24, 13/05/24

	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	Onion Bhaji with a Raita Dip DA or Naan Bread with Raita Dip DA G		Corn on the cob		
Main	Turkey Korma DA	Mixed bean Goulash or Roast aubergine and mixed bean casserole	Beef in a creamy mushroom sauce DA	Fish pie F	Lamb stew
Vegetarian Option	Chickpea korma DA	As above	Quorn in a creamy mushroom sauce DA E	Butterbean and vegetable pie	Chunky vegetable and lentil stew
On the side	Rice Cauliflower	Red cabbage SU G Garlic and herb potatoes	Roast potatoes Peas	Green beans Swede	Bubble and squeak mash
Dessert		Orange smiles		Warm spiced pineapple with Yoghurt DA Or Banana Flapjack G	Apple and blackberry crumble with low sugar custard DA G

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

	Light Tea (served with a cup of water)				
Starter		Hummus with carrot dippers SE		Melon	
Main	Sandwiches: Ham SE G SY Or Tuna mayo SE G SY F E	Children's choice of pizza: Margherita SE G SY DA or Rainbow vegetable SE G SY DA	Vegetable soup	Chefs special: Light Tea	Baked cheese and onion roll G DA
Vegetarian Option	Hummus SE G SY Or Egg Mayo SE G SY E	As main menu	As main menu	Chefs special: Vegetarian Light Tea	As main menu
On the side	Cucumber sticks		Buttered bread fingers SE G SY		Homemade spaghetti SY MU G
Dessert	Fruit salad		Plums and pears		Peaches and sultanas

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