

Winter menu - week one



Alternatives are available to cater for allergies, intolerances and lifestyle choices.

Week beginning	6th January	17th February	30th March	
	27th January	9th March		
	Mains	Sides	Sides	Afters
Monday	Spaghetti Bolognese	Garlic Bread	Italian Salad	Yoghurt and fruit
	Beef or Vegetable			
Tuesday	Noodles with: Chicken or Veggies	Broccoli	Freshly baked bread	Soya yoghurt
	wheat or rice noodle	No egg , milk or peanut		fruit
Wednesday	Pork or Veggie	Cheesy	Peas	Yoghurt and fruit
	Sausages with gravy	Mashed Potato		
Thursday	Cheese and tomato pizza	Corn on the cob	Garlic bread	Yoghurt and fruit
Friday	Fish or veggie fingers	Smiley potato faces	Baked Beans	Soya yoghurt
		No egg , milk or peanut		fruit

Winter menu week two



Alternatives are available to cater for allergies, intolerances and lifestyle choices

Week beginning	13th January	24th February		
	3rd February	16th March		
	Mains	Sides	Sides	Afters
Monday	Chicken or Veggie	Broccoli &	Freshly baked bread	Yoghurt and fruit
	Pasta bake	Sweet corn		
Tuesday	Jacket Potato & salad	Soup	Freshly baked bread	Soya yoghurt
	with:	Tomato and Basil		fruit
	Tuna or		(no cheese / dairy free spread)	
	Beans	No egg , milk or peanut		
Wednesday	Meat or Veggie	Cheesy	Peas	Yoghurt and fruit
	Toad in the Hole	Mashed Potato		
	Gravy			
Thursday	Cottage pie			Yoghurt and fruit
	Beef or Veggie	Selection of vegetable	Freshly baked bread	
Friday	Fish or veggie	French fries	Baked Beans	Soya yoghurt
	cakes			
		No egg , milk or peanut		

Winter menu week three



Alternatives are available to cater for allergies, intolerances and lifestyle choices

Week beginning	20th January	2nd March		
	10th February	23rd March		
	Mains	Sides	Sides	Afters
Monday	Cheese and tomato Ravioli	Garlic Bread	Italian salad	Yoghurt and fruit
Tuesday	Meat balls & pasta Chicken or Veggie	Mediterranean vegetables No egg , milk or peanut	Freshly baked bread	Soya yoghurt fruit
Wednesday	Pie Steak and Kidney or Cheese and onion	Cheesy mash or chips	Peas and gravy	Yoghurt and fruit
Thursday	Curry Chicken Korma or Mild Sweet potato	Veggie rice	Popadoms	Yoghurt and fruit
Friday	Risotto/vegetable Rice Veggie or with white fish	Salad No egg , milk or peanut	Freshly baked bread	Soya yoghurt fruit