

Autumn-Winter 2018/19 - Menu 1

Meal/Days	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit
Morning snack	Brioche and bananas	Oatcakes and satsumas	Grapes and dried bananas	Corn thins with plums and kiwi	Melon cubes and crackers
Lunch Main course	Chicken soup with dumplings	Turkey fajitas, couscous and steamed vegetables	Meatballs in tomato sauce with spaghetti and grated cheese	Fish pie with vegetables	Paprika chicken with fluffy brown rice and peas
Lunch Pudding	Homemade flapjack	Greek yoghurt with dried apricots	Fresh fruit platter	Rice pudding with peach puree	Custard and bananas
Afternoon snack	Warm pitta bread with cheese and olives	Carrot soup with baguette	Chicken slices with wholemeal toast and cherry tomatoes	Breadstick, cheese dip and carrots	Bagel and apple slices

Please be reminded that at times we may need to change the menu on the day according to availability of ingredients. Daily menu is displayed in the entrance hall.

Autumn-Winter 2018/19 - Menu 2

Meal/Days	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit
Morning snack	Apple slices and oat cakes	Bagels with pear slices	Crumpets with melon cubes	Rice cake with mango	Grapes and cheese
Lunch Main course	Macaroni cheese with broccoli	Mild chicken curry with rice and steamed sweetcorn	Meatloaf with mash potatoes, vegetables and gravy	Turkey and broccoli pasta bake with peas and sweetcorn	Baked cod with couscous, white sauce and vegetables
Lunch Pudding	Fresh fruit platter	Homemade carrot cake	Yoghurt with raisins	Fromage frais with peach puree	Custard and bananas
Afternoon snack	Tuna mayo and sweetcorn wrap	Sweet potato wedges with garlic dip	Toasted bagels with red Leicester cheese and cucumber sticks	Leek and potato soup with bread	Pitta pizzas

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Autumn-Winter 2018/19 - Menu 3

Meal/Days	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit
Morning snack	Warm pitta bread and melon	Corn thins and pear	Grapes and cheese	Banana with oatcake	Toasted muffin and pear
Lunch Main course	Lamb cottage pie with steamed vegetables and gravy	Creamy chicken and mushroom pasta bake	Jacket potato with chilli con carne	Quorn and vegetable stir fry with noodles	Jerk chicken with rice and peas and coleslaw
Lunch Pudding	Peach slices and cream	Greek yoghurt with fruit puree	Fruit cocktail	Fromage Frais with raisins	Custard and banana
Afternoon snack	Crackers, cheese and apple	Croissant with cucumber slices	Pumpkin soup with baguette	Tuna mayo and sweetcorn sandwiches	Bagel, cream cheese and avocado

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Autumn-Winter 2018/19 - Menu 4

Meal/Days	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit	Choice of cereal and fresh or dried fruit
Morning snack	Banana and rice cake	Brioche and cucumber slices	Toasted bagels with carrot sticks	Grapes and cheese	Bagels with melon
Lunch Main course	Tuna pasta bake with broccoli and green beans	Chilli con carne with rice and vegetables	Roast chicken and oven potatoes with vegetables and gravy	Homemade spicy Indian burgers with couscous and salad	Carrot, sweet potato and beef casserole with new potatoes
Lunch Pudding	Peach slices and cream	Fresh fruit platter	Greek yoghurt and raisins	Rice pudding with fruit puree	Banana flapjack
Afternoon snack	Croissant, cheese and warm milk	Tomato soup with wholemeal toast	Crackers with cheese dip and cucumber	Warm pitta bread with turkey/chicken ham and lettuce	Toasted fruit bread with oranges

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