

Winter Menu

Week One			
Day	Main	Pudding	Tea
Monday	Lentil Bolognaise with Peas	Fromage Frais	Tuna Mayonnaise Sandwiches. Fresh Fruit.
Tuesday	Cottage Pie with Carrots and Parsnips.	Chocolate Mousse	Cheese and Tomato Sandwich Yoghurt
Wednesday	Italian Chicken Pasta with Broccoli	Blueberry Muffin	Vegetable Soup with Bread and Butter. Fresh Fruit.
Thursday	Beef Chilli and Rice with Peas and Sweetcorn	Apple Tart with Cream	Cheese Scones. Yoghurt
Friday	Paprika Chicken Pasta with Green Beans.	Fruit Salad with Natural Yogurt	Fish Finger Sandwich. Fresh Fruit.

All special dietary requirements are catered for. Details available on request.

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Week Two			
Day	Main	Pudding	Tea
Monday	Macaroni Cheese with Peas and Sweetcorn.	Strawberry Mousse	Baked Beans on Toast Fresh Fruit
Tuesday	Chicken Curry with Rice and Green Beans	Banana Muffins	Cheese Scones Yoghurt
Wednesday	Spaghetti Bolognese with Garlic Bread	Apple Crumble and Custard	Leek and Potato Soup with Bread and Butter. Fresh Fruit
Thursday	Beef Stew with Dumplings and Crusty Bread.	Fresh Fruit Salad	Ham Sandwich with Tomato Yoghurt
Friday	Sausage and Mashed Potato with Carrot and Swede with Onion Gravy.	Rice Pudding	Red Pepper and Sweet Potato Soup with Croutons Fresh Fruit

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Week Three			
Day	Main	Pudding	Tea
Monday	Mushroom Stroganoff and Rice	Carrot Cake	Cheese Crumpets Fresh Fruit
Tuesday	Turkey Casserole with Mashed Potato	Fromage Frais	Baked Beans on Toast Fresh Fruit
Wednesday	Sausage, Mash Potato, Peas, Gravy and Yorkshire Pudding.	Blueberry Muffins	Carrot and Coriander Soup with Crusty Bread. Yoghurt
Thursday	Roast Chicken, New Potatoes, Broccoli and Cauliflower	Fresh Fruit Salad	Cheese Sandwich with Cucumber Banana Cake.
Friday	Corn Beef Hash with Sweetcorn and Carrots.	Pear Crumble and Custard	Chicken Sandwich with Tomato Fresh Fruit

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Week Four			
Day	Main	Pudding	Tea
Monday	Vegetable Curry with Rice	Raspberry Muffins	Tuna Mayonnaise Sandwich With Cucumber Fresh Fruit
Tuesday	Beef Lasagne with mixed Vegetables	Bananas with Custard	Pitta Bread with Houmas, Cucumber, Tomatoes, and Celery Sticks. Yoghurt
Wednesday	Lamb Keema Curry with Rice and Peas and Chapattis	Strawberry Cheesecake	Winter Soup with Bread and Butter. Fresh Fruit
Thursday	Roast Chicken, New Potatoes with Carrots, Peas and Sweetcorn	Chocolate Chip Muffins	Cream Cheese Bagels Yoghurt
Friday	Fish Pie with Cauliflower	Homemade Ginger Biscuit with Natural Yoghurt	Savoury Muffins Fresh Fruit

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