

Winter Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals or wholemeal toast Brioche Wheat,milk,egg	Selection of cereals or wholemeal toast Pancake Wheat,egg,milk	Selection of cereals or wholemeal toast Croissant Wheat, milk	Selection of cereals or wholemeal toast Wheat soya	Selection of cereals, or wholemeal toast Wheat
Mid-morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Beef chilli with rice and Cauliflower Banana loaf Gluten, egg	Chicken and bacon pie with mash and sweetcorn Gluten, milk Fruit Jelly	Turkey meatballs in a tomato sauce with pasta and mixed vegetable Wheat, milk, egg, fish Fruit yoghurt milk	Chicken curry with rice, peas And Naan bread Gluten Butterscotch mousse milk	Shepherd's pie with baked beans And broccoli Orange cookies Gluten
Vegetarian Lunch	Quorn mince	Quorn pieces	Vegetarian sausages	Quorn pieces	Quorn mince
Mid afternoon snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Tea	Deconstructed pasta with cheese and tomato sauce Cucumber sticks Wheat milk Ginger bread	Fish fingers with crusty bread and carrot batons Gluten , fish Greek style yoghurt milk	Cheesy potato pie with baked beans milk Tinned fruit	DIY wraps with selection of fillings and cherry tomatoes wheat fruit bread Wheat, soya	Various of fillings with pitta bread, hummus, and veggie sticks wheat
Vegetarian Tea	As above	As above	As above	As above	Quorn meat
Drinks	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water

Allergies – all allergies & dietary requirements are catered for. Dairy, wheat & gluten alternatives will be incorporated within this menu.

Meat – all meat is sourced locally from burtons butchers.

Tiny ones/weaning – we can puree our meals for the youngest and also adapt for the young ones by making vegetable purees etc.

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All puddings will be made with reduced sugar or are sugar free. Fruit can always be offered as a pudding alternative.