
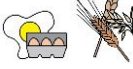













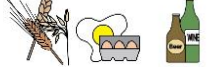








Winter Menus























Week 1			
	Breakfast	Lunch	Tea
Monday	Hot Buttered Toast Milk 	Cowboy Chilli, Rice & Pitta Fingers  Peach Crumble & Custard 	Fish Fingers Pommes Noisettes Oat Biscuits 
Tuesday	Corn Flakes Fruit Juice 	Spiced Vegetable Tagine & Couscous  Ground Rice 	Beans on Toast Fresh Fruit 
Wednesday	Hot Buttered Toast Milk 	Ravioli with Grilled Vegetables Sweetcorn & Flatbread  Treacle Sponge & Custard 	Savoury Couscous, Beans Garlic & Tomato Sauce Fresh Fruit 
Thursday	Bran Flakes Fruit Juice 	Quorn Vegetable Suet Pie, Creamed Potatoes, Swede & Onion Gravy  Fruit Yogurt 	Aubergine and Courgette Pasta Mixed Fruit Loaf 
Friday	Hot Buttered Toast Milk 	Tuna Cheesy Mash Bake Carrots & Peas  Spotted Dick & Custard 	Tomato Soup Crusty Bread Fresh Fruit 



Winter Menus























Week 2			
	Breakfast	Lunch	Tea
Monday	Hot Buttered Toast Milk 	Vegetable Sausage Mixed Vegetable Couscous Garlic Tomato Sauce  Semolina & Raisins 	Vegetable & Lentil Pasta Fresh Fruit 
Tuesday	Hot Buttered Toast Milk 	Lasagne, Sweetcorn Crusty Bread  Apple, Cinnamon Crumble & Custard 	Mini Jacket Potatoes Grated Cheese Ground Rice 
Wednesday	Rice Snaps Fruit Juice 	Fisherman's Pie Cabbage & Spinach  Banana Custard 	Toasted Teacakes Chocolate & Raisin Slice 
Thursday	Corn Flakes Fruit Juice 	Vegetable Balti Rice & Naan Bread  Raspberry Sponge & Custard 	Homemade Fishcakes & Spaghetti Fresh Fruit 
Friday	Hot Buttered Toast Milk 	Cheese and Tomato Pasta Bake, Peas, Broccoli Crusty Bread  Fruit Yoghurt 	Smiley Faces & Beans Fruited Flapjack 



Winter Menus



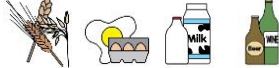

















Week 3		
Breakfast	Lunch	Tea
Hot Buttered Toast Milk 	Cheese and Leek Slice, Sautee Potatoes & Baked Beans  Yoghurt 	Potato Waffles Chickpea Salsa Banana Loaf 
Bran Flakes Fruit Juice 	Quorn and Vegetable Supreme Boiled Rice  Sticky Toffee Pudding & Custard 	Cheese & Tomato Pizza Fresh Fruit 
Hot Buttered Toast Milk 	Savoury Mince Cobbler, Creamed Potatoes, Green Beans & Gravy  Fruit Trifle 	Tomato & Lentil Pasta Cheese Melted Moments 
Hot Buttered Toast Milk 	Mini Jacket Potatoes with Cheese & Beans  Pear and Strawberry Pie & Custard 	Savoury Rice Sweet & Sour Sauce Fresh Fruit 
Warm Porridge Fruit Juice 	Vegetable and Bean Lasagne, Cauliflower, Peas & Crusty Bread  Sultana Rice Pudding 	Fish Finger Sandwiches Tomato Relish Fresh Fruit 



Winter Menus



Week 4			
	Breakfast	Lunch	Tea
Monday	Hot Buttered Toast Milk 	Fish Goujons with Chips & Peas  Fruit Sponge & Custard 	Cheese Topped Muffins Fresh Fruit 
Tuesday	Rice Snaps Fruit Juice 	Sweet Potato Falafel Nuggets Vegetable Couscous Garlic Herb Tomato Sauce  Mandarin Cheese Cake 	Hash Browns Veggie Nuggets Blueberry Slice 
Wednesday	Hot Buttered Toast Milk 	Vegetable Mac & Cheese Ratatouille & Herb Flatbread  Fruit Yogurt 	Jacket Wedges Homemade Hummus Fresh Fruit
Thursday	Warm Porridge Fruit Juice 	Cottage Pie, Cabbage, Leeks & Gravy  Chocolate Sponge & Custard 	Pizza Margherita Fresh Fruit 
Friday	Hot Buttered Toast Milk 	Mild Quorn and Vegetable Curry, Boiled Rice Naan Bread  Apple Pie & Custard 	Pasta Bolognese Cranberry Loaf 