










































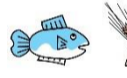



















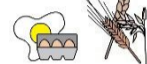















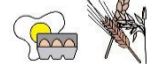






Winter Menus

		Week 1			
	Breakfast	Lunch	1pm Snack	Tea	5pm snack
Monday	Wholemeal & white buttered Toast with Milk Apple & Banana 	Fish chips & Peas  Tapioca & Raisins No added sugar 	Bread sticks & Milk 	Wholemeal Vegetable & lentil Pasta  Orange Slice	Sliced pepper & pitta Fingers with cheese spread 
Tuesday	Wholemeal & white buttered Toast with Milk Pears & grapes 	Bolognese Pasta Bake with sweetcorn  Apple & raspberry crumble with half fat cream fraiche 	Oat Cake & Milk 	Mini Jacket Potatoes with beans & celery sticks  Melon & Kiwi	Rice Cake
Wednesday	Malted Wheaties & milk  With sultana's & raisins	Sweet potato, courgette & lentil curry with boiled rice  Banana & Custard No added sugar 	Rice cake & Milk 	Toasted Teacakes with cheese & carrot sticks  Fruited flapjack	Sliced apples & Satsumas
Thursday	Corn Flakes Milk  Raisins & Sultana's	Quorn & Vegetable cobbler with chunky swede , creamed potatoes & gravy  Mandarin cheese cake 	Bread sticks & Milk 	Salmon & leek balls with spaghetti  Grapes & apples	Oatcakes 
Friday	Wholemeal & white buttered Toast with Milk Oranges & Pineapple 	Vegetable & mackerel ragu with Orzo  Fruit sponge & Custard 	Rice Cake & Milk 	Savoury Mixed vegetable cous cous with chick peas in sweet & sour sauce  Pears & Bananas	Bread stick 




























Winter Menus

		Week 2				
	Breakfast	Lunch	1pm Snack	Tea	5pm snack	
Monday	Wholemeal & white buttered Toast with Milk Satsuma's & Blueberries 	Cowboy Chill & rice With pitta fingers  Chocolate & cranberry sponge custard 	Oatcakes & Milk 	Savoury mixed vegetable cous cous with Quorn ham in a tomato sauce  Melon & apples	Rice cake	
Tuesday	Muiltgrain cheerios  Sultanans & raisins	Salmon & broccoli pasta bake Carrots & peas  Fruit cocktail with ice cream 	Breadsticks & milk 	Beans on Toast & Sliced cucumbers  Apricot & apple oat slice No added sugar 	Oat cakes 	
Wednesday	Wholemeal & white buttered Toast with Milk  Pineapple & red grapes	Sausage in a tomato & mixed pepper sauce with cous,cous & sweetcorn Ground rice & mango puree No added sugar 	Rice cake & Milk 	Fish fingers & Potato Puffs with carrot sticks  Blueberries & Oranges	Breadsticks 	
Thursday	Bran Flakes  Sultana's & Raisins	Ocean Pie with cabbage & leeks  Mixed berry & apple crumble with half fat crème fraiche	Oats & Milk 	Aubergine and Courgette lentil Pasta  Pears' & Kiwis	Mini bread sticks & celery sticks 	
Friday	Wholemeal & white buttered Toast with Milk  Green grapes & Plums	Vegetable & Bean Lasagne with sweetcorn  Fruited jelly & Custard	Bread sticks & Milk 	Picnic Tea Tomato & Basil Hummus Chips  Banana Pancakes No added sugar 	Oat cakes 	

Winter Menus

		Week 3				
	Breakfast	Lunch	1pm Snack	Tea	5pm snack	
Monday	Wholemeal & white buttered Toast & milk  Grapes & Pineapple	Tuna & cheese balls with cous, sweetcorn with a garlic & tomato sauce  Fruit Yoghurt 	Rice Cakes & Milk 	Egg & vegetable savoury rice with sweet & sour sauce  Sticky toffee slice No added sugar 	Banana's & Satsuma's	
Tuesday	Bran Flakes Milk  Raisins & Sultana's	Vegetable & lentil curry with boiled rice Peaches & custard No added sugar 	Oatcakes & Milk 	Vegan Quorn ham pizza with carrot sticks  Pineapple & Melon	Bread sticks 	
Wednesday	Wholemeal & white buttered Toast & milk  Pears & Kiwi	Salmon & mixed fish pie with green beans & peas  Apple & cinnamon pie with custard 	Breadsticks & Milk 	Wholemeal lentil & tomato pasta  Cheese Chunks & grapes 	Sliced carrot & rice cakes	
Thursday	Wholemeal & white buttered Toast & milk  Apples & Plums	Cheese & tomato egg pasta bake with peas  Rice pudding & apricots No added sugar 	Rice cake & Milk 	Sweet potato & potato wedges with borlotti bean dip Lemon Slice 	Oranges & Kiwi	
Friday	Rice snaps & Milk  Sultanas & Raisins	Savoury mince clobber with creamed potatoes and white cabbage & gravy  Chocolate & Orange cake with custard 	Oat cakes & Milk 	Meatless meatballs with spaghetti & sliced peppers.  Blueberries & Banana's	Bread sticks 	

Winter Menus

		Week 4				
	Breakfast	Lunch	1pm Snack	Tea	5pm snack	
Monday	Weetabix's & Milk  Sultana's & Raisins	Mild Quorn & vegetable Curry with Rice  Pear & strawberry crumble with custard 	Bread sticks 	Cheese Topped Muffins with cucumber sticks & humus  Banana & Pineapple	Oat cakes 	
Tuesday	Wholemeal & white buttered Toast & milk  Apples & Satsumas	Sausage, Leek & Mushroom pie Carrots Gravy  Sticky toffee pudding & custard No added sugar 	Oatcakes & Milk 	Fish Finger sandwiches & sliced peppers  Pears & Blueberries	Rice cake	
Wednesday	Wholemeal & white buttered Toast & milk  Melon & pears	Macaroni Cheese with a vegetable chick pea & ratatouille  Artic roll 	Rice cakes & Milk 	Vegetable & bean cous cous with rustic tomato sauce  Chocolate & beetroot brownie No added sugar 	Banana & Grapes	
Thursday	Cornflakes Milk  Raisins & sultana's	Cottage Pie, Cabbage, Leeks & Gravy  Strawberries & blueberries with Greek yoghurt 	Bread sticks & Milk 	Tuna & sweetcorn pizza  Banana & apple cookie No added sugar 	Sliced cucumber sticks	
Friday	Wholemeal & white buttered Toast & milk  Banana & grapes	Salmon & broccoli fish cakes with sautéed potatoes, peas & parsley sauce  Ground rice & sultanas No added sugar	Rice cakes & Milk 	Wholemeal Pasta Bolognese  Oranges & melon	Pitta fingers & Cheese spread 