

Autumn/Winter Menu October 2023 – April 2024 for Children Aged 18 months to 5 years

***Sweet Puddings are optional please state if you do not wish for your child to have these ***

<u>Week 1</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water or Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water or Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u>	A selection of cereals	Breadsticks	Sweetcorn, Broccoli and Two cheese, Wholemeal pasta bake Greek Yoghurt and Honey	Sweetcorn, Broccoli and Two cheese, Wholemeal pasta bake Greek Yoghurt and Honey	Carrot sticks	Jacket Potatoes served with Beans Fresh Fruit
<u>Tuesday</u>	A selection of cereals and toast	Cheese Slices and cherry tomatoes	Homemade Pork Sausage meat patty with mashed potatoes, peas and carrots Homemade Banana Cake	Plant based sausages with mashed potatoes, peas and carrots Homemade Banana Cake	Melon Fingers	Vegetable soup, bread and butter Apple & Pears slices
<u>Wednesday</u>	A selection of cereals	Banana Pieces	White fish, vegetables in creamy sauce, boiled potatoes Fresh Fruit Salad	Butter bean and vegetables in creamy sauce, boiled potatoes Fresh Fruit Salad	Oatcakes and Butter	Homemade Cheese Straws served with sweet potato fries Peaches and custard
<u>Thursday</u>	A selection of cereals and fruit	Pitta Fingers & Mashed Avocado	Chickpea, sweet potato and Spinach Curry with wholemeal Rice Vanilla Shortbread Biscuits	Chickpea, sweet potato and Spinach Curry with Wholemeal Rice Vanilla Shortbread Biscuits	Mango Fingers	Cheese and Chicken Sandwiches served with cherry tomatoes and coleslaw Pineapple & orange segments
<u>Friday</u>	A selection of cereals	Pear & Apple Slices	Homemade Sweet Potato Topped Sheppard's Pie Fresh Fruit salad	Homemade Sweet Potato Topped Quorn Sheppard's Pie Fresh Fruit salad	Digestive biscuit	Homemade cheese pizza, served with cucumber and pepper sticks Yoghurt Pots

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<u>Week 2</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water</u> <u>or Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water</u> <u>or Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u>	A selection of cereals	Cracker Breads and Butter	Fish fingers, mashed potatoes, baked beans Melon & Kiwi	Vegetable fingers, mashed potatoes, baked beans Melon & Kiwi	Banana Pieces	Cheese, Chicken and Tuna Sandwiches served with cucumber and boiled carrot sticks Yoghurt pots
<u>Tuesday</u>	A selection of cereals	Strawberries & Raspberries	Homemade mixed vegetable stew with dumplings Apples & Plums	Homemade mixed vegetable stew with dumplings Apples & Plums	Breadsticks	Tomato Soup and Toast Oat cookie
<u>Wednesday</u>	A selection of cereals and Fruit	Cheese Biscuits	Homemade Roast Chicken, served with Roast Potatoes and Seasonal Vegetables Greek Yoghurt and Banana	Homemade Cauliflower and Broccoli cheese served with Roast Potatoes and Seasonal Vegetables Greek Yoghurt and Banana	Blueberries	Ham and Tuna Wraps with cheese slices and cucumber Orange and Pear segments
<u>Thursday</u>	A selection of cereals and Crumpets	Orange Segments	Homemade Beef Lasagne with Garlic Bread and Peas Homemade rice pudding with Berry Compote	Mushroom and Spinach Lasagne with Garlic Bread and Peas Homemade rice pudding with Berry Compote	Rice Cake & Cream cheese	Homemade Sausage rolls served with cous cous and boiled carrot sticks Fresh Fruit
<u>Friday</u>	A selection of cereals	Toast and Spread	Homemade Mixed Bean Chilli Con Carne with Rice. Fresh Fruit	Homemade Mixed Bean Chilli Con Carne with Rice. Fresh Fruit	Carrot & Pepper Sticks	Cheese, Tomato and Vegetable Wholemeal Pasta Bake Mixed seasonal fruit crumble with custard

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<u>Week 3</u>	<u>Breakfast</u> <u>Drinks: Water only</u>	<u>Snack (AM)</u> <u>Drinks: Water</u> <u>or Milk</u>	<u>Lunch</u> <u>Drinks: Water only</u>	<u>Vegetarian</u> <u>Drinks: Water only</u>	<u>Snack (PM)</u> <u>Drinks: Water or</u> <u>Milk</u>	<u>Tea</u> <u>Drinks: Water only</u>
<u>Monday</u>	A selection of cereals and Fruit	Rice Cakes and Cream Cheese	Homemade Spaghetti bolognaise with Meat Free Mince and Garlic Bread Apples & Custard	Homemade Spaghetti bolognaise with Meat Free Mince and Garlic Bread Apples & Custard	Cucumber Sticks	Baked Beans and Toast Fresh Fruit
<u>Tuesday</u>	A selection of cereals and Toast	Banana Pieces	Homemade Potato Topped Fish Pie with Peas and Sweetcorn Fresh fruit	Homemade Potato Topped Lentil and Tomato pie with Peas and Sweetcorn. Fresh Fruit	Fruit Loaf & Spread	Tuna & mixed vegetable wholemeal Pasta Bake Homemade Shortbread Biscuits
<u>Wednesday</u>	A selection of cereals	Brioche Fingers	Mixed Vegetable Thai Red Curry Fresh Fruit Salad	Mixed Vegetable Thai Red Curry Fresh Fruit Salad	Strawberries & Raspberries	Tomato and Courgette Puff Pinwheels served with red peppers Yoghurt Pots
<u>Thursday</u>	A selection of cereals and Toast	Cheese Slices & Pineapple	Homemade Chicken Pastry Topped Pie with Mashed Potato and Seasonal Vegetables. Greek Yoghurt and Honey	Homemade Mixed Vegetable Pastry Topped Pie with Mashed Potato and Seasonal Vegetables. Greek Yoghurt and Honey	Oat Cakes & Spread	Homemade Cauliflower Mac "N" Cheese Fruit pieces
<u>Friday</u>	A selection of cereals	Pitta Fingers & Homemade Tzatziki	Homemade roast pork, roast potatoes, Yorkshire puddings and fresh seasonal vegetables Cinnamon Biscuits	Quorn, roast potatoes, Yorkshire pudding and fresh seasonal vegetables Cinnamon Biscuits	Melon Slices	Cheese, chicken and tuna sandwiches served with cucumber and carrots Fresh Fruit