

Autumn/Winter Menu October 2024 – April 2025 for Children 3 months to 18 months

<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> <u>Veg day</u>	A selection of cereals	Breadsticks	Sweetcorn, Broccoli and Two cheese, Wholemeal pasta bake Greek Yoghurt and Raspberries	Sweetcorn, Broccoli and Two cheese, Wholemeal pasta bake Greek Yoghurt and Raspberries	Boiled carrot sticks Hummus	Jacket Potatoes served with cheese and baked beans Fresh Fruit
<u>Tuesday</u>	A selection of cereals and toast	Cheese slices & cherry tomatoes	White fish, vegetables in creamy sauce, with rice Homemade banana cake	Butter beans and vegetables in creamy sauce, rice Homemade banana cake	Melon Fingers	A selection of sandwiches served with pepper sticks Pineapple and orange segments
<u>Wednesday</u>	A selection of cereals	Mango Fingers	Homemade Sausage meat patty with roast potatoes and seasonal vegetables Fresh Fruit	Homemade Plant based patty with roast potatoes and seasonal vegetables Fresh Fruit	Oatcakes and spread	Homemade Cheese Straws served with cucumbers and cherry tomatoes Peaches and custard
<u>Thursday</u> <u>Veg day</u>	A selection of cereals and fruit	Pitta Fingers & Mashed Avocado	Bean and Mushroom stroganoff wholemeal Rice Vanilla Shortbread Biscuits	Bean and Mushroom stroganoff wholemeal Rice Vanilla Shortbread Biscuits	Banana pieces	Squash and lentil soup with wholemeal bread Fresh Fruit salad
<u>Friday</u>	A selection of cereals	Strawberries and Blueberries	Homemade cottage pie Fresh Fruit salad	Homemade vegetable Pie Fresh Fruit salad	Digestive biscuit	Homemade cheese pizza, served with cucumbers and boiled carrots Yoghurt Pots

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

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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 Rice pudding and mixed berry compote	Vegetable fingers, mashed potatoes, baked beans Rice pudding and mixed berry compote	Banana Pieces	Cheese, Chicken and Tuna Sandwiches served with cucumber and boiled carrot sticks Fresh Fruit
<u>Tuesday</u> <u>Vege day</u>	A selection of cereals	Strawberries & Raspberries	Homemade mixed vegetable Risotto Apples & Plums	Homemade mixed vegetable Risotto Apples & Plums	Breadsticks	Parsnip, butterbean and carrot soup with wholemeal toast strips and spread Oat cookies
<u>Wednesday</u>	A selection of cereals and Fruit	Cheese Biscuits	Homemade Roast Chicken, served with Roast Potatoes and Seasonal Vegetables Greek Yoghurt and Honey	Homemade Cauliflower and Broccoli cheese served with Roast Potatoes and Seasonal Vegetables Greek Yoghurt and honey	Blueberries	Ham & tuna wraps/ veg wraps served 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 Melon and Kiwi	Mushroom and Spinach Lasagne with Garlic Bread and Peas Melon and Kiwi	Rice Cake & Cream cheese	Homemade Sausage/veg rolls served with cous cous and boiled carrot sticks Banana and custard
<u>Friday</u> <u>Vege day</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	Boiled Carrot & Pepper Sticks	Egg/Potato Frittata made with seasonal vegetables 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> <u>Vege day</u>	A selection of cereals and Fruit	Rice Cakes and Cream Cheese	Homemade Spaghetti bolognaise with Meat Free Mince and Garlic Bread Stewed apples & Custard	Homemade Spaghetti bolognaise with Meat Free Mince and Garlic Bread Stewed apples & Custard	Cucumber Sticks	Tomato and Courgette Puff Pinwheels served with red peppers 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	Baked Beans on Toast Homemade Shortbread Biscuits
<u>Wednesday</u> <u>Vege day</u>	A selection of cereals	Brioche Fingers	Mixed bean and root vegetable stew with cous cous Fresh Fruit Salad	Mixed bean and root vegetable stew with herb cous cous Fresh Fruit Salad	Strawberries & Raspberries	Tofu and vegetable enchiladas 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	Turkey curry served with wholemeal rice Cinnamon Biscuits	Vegetable curry served with wholemeal rice Cinnamon Biscuits	Melon Slices	Cheese, chicken and tuna sandwiches served with cucumber and boiled carrots Fresh Fruit