



Menu: Autumn-Winter Week 1

Breakfast: We provide carefully selected cereals with no added sugar or artificial colours with dairy or plant-based milk. In addition, children are offered porridge, toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	Mid-morning snack Always served with a choice of water, dairy milk or plant-based milk	Baby, Toddler & Preschool Lunch Served with water. Fresh fruit is served after every lunch.	Toddler & Preschool Tea Always served with a choice of water, dairy milk or plant-based milk	Babies tea Always served with a choice of water, dairy milk or plant-based milk
Monday	Crumpets and spread	Borlotti beans in coconut milk served with brown rice with seasonal vegetables*	Pizza dippers with vegetable sticks and leafy green salad*	Chunky Mediterranean vegetable soup with pizza dippers*
Tuesday	Rice cakes with fruit yoghurt	Five bean chilli on jacket potatoes*	Creamy sweetcorn pasta and green leafy salad*	Thick sweetcorn chowder with wholemeal bread*
Wednesday	Breadsticks and chickpea humous with pepper sticks*	Fish curry with rice and naan bread*	Sandwiches: cucumber, dairy/non-dairy cheddar cheese or guacamole. Served with salad*	Spiced carrot and apple stew with soft bread*
Thursday	Warm baked bread with spread and cucumber sticks	Tuna and cherry tomato pasta with broccoli and homemade garlic bread*	Mac and cauliflower cheese with peas*	Broccoli and chickpea smash with vegetable sticks
Friday	Wholemeal bagel with soft dairy/non-dairy cheese and cherry tomatoes	Winter barley and winter vegetable puff pie with mashed potato, peas and carrots*	Jacket potatoes with mixed beans and salad	Cheesy roots smash made with root vegetables and nutritional yeast with wholemeal toast*

Menu: Autumn-Winter Week 2

Breakfast: We provide carefully selected cereals with no added sugar or artificial colours with dairy or plant-based milk. In addition, children are offered porridge, toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	Mid-morning snack <small>Always served with a choice of water, dairy milk or plant-based milk</small>	Baby, Toddler & Preschool Lunch <small>Served with water. Fresh fruit is served after every lunch.</small>	Toddler & Preschool Tea <small>Always served with a choice of water, dairy milk or plant-based milk</small>	Babies tea <small>Always served with a choice of water, dairy milk or plant-based milk</small>
Monday	Banana slices and wholemeal toast with sunflower spread	Lentil spaghetti Bolognese*	Chickpea, sweet potato and cauliflower curry with pitta fingers*	Chickpea, sweet potato and cauliflower curry with pitta fingers
Tuesday	Bagel slice with soft dairy/non-dairy cheese and cherry tomatoes	Polish style baked salmon with dill served with new potatoes and seasonal vegetables*	Sandwiches: cucumber, dairy/non-dairy cheddar cheese or guacamole. Served with salad*	Roasted butternut squash and garlic soup with soft bread*
Wednesday	English muffins and apple slices	Chicken (or mixed bean) and mushroom stroganoff with dark leafy greens and brown rice*	Tomato and lentil soup with pitta dippers*	Tomato and lentil soup with pitta dippers
Thursday	Unsweetened dairy/non-dairy yoghurt with peach slices	"Tibetan" coconut curry with brown rice*	Mackerel pate or pea hummus on crackers with leafy green salad and cucumber sticks*	Pea soup with wholemeal bread and spread*
Friday	White bean humous on toast with carrot sticks*	Spinach, sweet potato and lentil dahl with brown rice*	Ratatouille: stewed pepper, aubergine and tomatoes served with buttered wholemeal toast*	Ratatouille: stewed pepper, aubergine and tomatoes served with buttered wholemeal toast

Menu: Autumn-Winter Week 3

Breakfast: We provide carefully selected cereals with no added sugar or artificial colours with dairy or plant-based milk. In addition, children are offered porridge, toast and fresh fruit along with a drink of water, dairy or plant-based milk.

	Mid-morning snack Always served with a choice of water, dairy milk or plant-based milk	Baby, Toddler & Preschool Lunch Served with water. Fresh fruit is served after every lunch.	Toddler & Preschool Tea Always served with a choice of water, dairy milk or plant-based milk	Babies tea Always served with a choice of water, dairy milk or plant-based milk
Monday	Toasted English muffin with sunflower spread and apple slices	Lentil Shepherd's Pie with red cabbage*	Mixed beans on wholemeal toast with vegetable sticks	Mexican bean soup with wholemeal toast*
Tuesday	Mackerel pate on toast slices (or dairy/non dairy spread)*	Spanish stew with pearl barley, olives and squash, served with herby potatoes*	Pitta pockets, children load their own pitta with a range of beans, humus, dairy/non-dairy cheddar cheese and salads	Beet and chickpea smash with a super-muffin*
Wednesday	Frogs on a log: raisins and vegetable sticks	Chicken (or butterbean) and winter vegetable puff pie with mashed potato, peas and carrots*	Tuna niçoise pasta*	Parsnip, spinach and sweet potato with pitta fingers
Thursday	Wholemeal bagel with soft dairy/non-dairy cheese and cherry tomatoes	Singapore noodles with shredded rainbow vegetables (mushrooms, carrots, peppers, broccoli, onion, brussels sprouts)*	Pumpkin soup with wholemeal bread*	Pumpkin soup with wholemeal bread
Friday	Toasted fruitbread	Southwestern chicken pesto pasta (pesto made with basil, spinach & pumpkin seeds) with crispy chickpeas and seasonal vegetables*	Sandwiches: cucumber, dairy/non-dairy cheddar cheese or guacamole. Served with salad*	Lentil and cauliflower mash with soft wholemeal bread*