

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 with soft dairy/non-dairy cheese	Chicken and borlotti bean curry (fortified coconut milk base) served with brown rice with seasonal vegetables	Mac and cauliflower cheese (made with dairy/non-dairy cheese) with peas	Mac and cauliflower cheese (made with dairy/non-dairy cheese) with peas
Tuesday	Rice cakes and fruit yoghurt (dairy or plant-based)	Five bean chilli on jacket potatoes	Creamy sweetcorn pasta and green salad and vegetable sticks	Thick sweetcorn chowder with wholemeal bread
Wednesday	Warm baked bread with spread and cucumber sticks	Fish curry with rice, peas and carrots (made with fortified coconut milk)	Sandwiches: cucumber, dairy/non-dairy cheddar cheese or hummus. Served with salad and vegetable sticks	Spiced carrot and apple stew with soft bread
Thursday	Breadsticks and chickpea hummus with pepper sticks	Tuna and cherry tomato pasta with broccoli and homemade cheesy garlic toasts (dairy/non-dairy cheese)	Pizza dippers (dairy/non-dairy cheese with vegetable sticks and leafy green salad and vegetable sticks)	Chunky Mediterranean vegetable soup with pizza dippers (dairy/non-dairy cheese)
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 dairy/non-dairy cheese, with green salad and vegetable sticks	Cheesy roots smash (dairy/non-dairy cheese) made with root vegetables with wholemeal toast

() are to account for vegetarian, plant-based and soya free requirements

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 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	Banana slices and wholemeal toast with sunflower spread	Lentil spaghetti Bolognese with cheese (dairy/non-dairy cheese)	Chickpea, sweet potato and cauliflower curry with pitta fingers (made with fortified coconut milk)	Chickpea, sweet potato and cauliflower curry with pitta fingers (made with fortified coconut milk)
Tuesday	Bagel slice with soft dairy/non-dairy cheese and cherry tomatoes	Polish style baked salmon (or tofu) with dill served with new potatoes and seasonal vegetables	Sandwiches: cucumber, dairy/non-dairy cheddar cheese or hummus. Served with green salad and vegetable sticks	Roasted butternut squash and garlic soup with soft bread
Wednesday	English muffins and apple slices with dairy/non-dairy dippy yoghurt	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 and rice cakes	Singapore rice noodles with tofu and shredded rainbow vegetables (mushrooms, carrots, peppers, broccoli, onion, brussels sprouts)	Mackerel pate or hummus on crackers with green salad and vegetable sticks	Pea soup with wholemeal bread and spread
Friday	White bean hummus on toast with carrot sticks	Spinach, sweet potato and lentil dahl with brown rice (made with fortified coconut milk)	Ratatouille: stewed pepper, aubergine and tomatoes served with buttered wholemeal toast and dairy/non-dairy cheese	Ratatouille: stewed pepper, aubergine and tomatoes served with buttered wholemeal toast and dairy/non-dairy cheese

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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	Frogs on a log: raisins, vegetable sticks and breadsticks with soft dairy/non-dairy cheese	Lentil shepherd's pie with red cabbage	Mixed beans on wholemeal toast and dairy/non-dairy cheese with vegetable sticks	Mexican bean soup with wholemeal toast and dairy/non-dairy cheese
Tuesday	Mackerel pate on toast slices (made with soft dairy/non-dairy cheese)	Spanish stew with lentils, olives and squash, served with couscous	Pitta pockets: children load their own pitta with a range of beans, hummus, dairy/non-dairy cheese and salads	Tomato and lentil soup with pitta dippers
Wednesday	Toasted fruit bread	Chicken (or butterbean) and winter vegetable puff pie with mashed potato (made with dairy/non-dairy milk), peas and carrots	Tuna niçoise pasta (dressing made with dairy/non-dairy yoghurt)	Parsnip, spinach and sweet potato mash with pitta fingers (made with soft dairy/non-dairy cheese)
Thursday	Wholemeal bagel with soft dairy/non-dairy cheese and cherry tomatoes	"Tibetan" coconut curry with brown rice (made with fortified coconut milk)	Pumpkin soup with wholemeal bread and pumpkin seeds to sprinkle	Pumpkin soup with wholemeal bread and pumpkin seeds to sprinkle
Friday	Toasted English muffin with soft dairy/non-dairy cheese	Southwestern chicken pesto pasta (pesto made with basil, spinach & pumpkin seeds) with crispy chickpeas and seasonal vegetables	Sandwiches: cucumber, dairy/non-dairy cheese or hummus. Served with salad	Lentil and cauliflower mash (made with soft dairy/non-dairy cheese) with soft wholemeal bread

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