

WINTER MENU 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk/ oatly (Gluten) /soya milk	Milk/ oatly (Gluten) /soya milk	Milk/ oatly (Gluten) /soya milk	Milk/ oatly (Gluten) /soya milk	Milk/ oatly (Gluten) /soya milk
Starch	Rice pops or cornflakes(gluten)	Wholemeal toast (gluten) or Wholemeal English Muffin (gluten) Pure spread	Crumpet (gluten) or bagel (gluten) Pure spread	Millet rice/wholemeal cereal or Weetabix (gluten)	Porridge (gluten) milk or rice pops
Fruit	Dried fruit	banana	Dried Fruit	blue berries	Dried Fruit
Snack	Water or Milk/ oatly (Gluten) /soya milk	Water or Milk/ oatly (Gluten) /soya milk	Water or Milk/ oatly (Gluten) /soya milk	Water or Milk/ oatly (Gluten) /soya milk	Water or Milk/ oatly (Gluten) /soya milk
Starch	Corn cakes	Breadsticks (Gluten)	Pitta bread (Gluten)	Rice cakes	Tea cakes (Gluten)
fruit	Grapes	Apple	Banana	Orange	Pear
2+	Prep own fruit platter	Prep own fruit platter	Prep own fruit platter	Prep own fruit platter	Prep own fruit platter
Lunch	Water	Water	Water	Water	Water
dish	Macaroni Cheese with beans V (Milk, Egg, Gluten)	Fish Pie with pastry top (Gluten, Milk)	Quorn hotpot with sliced potato topping	Salmon pasta bake (Gluten) baked in a white sauce (Milk)	Borlotti bean stew with Aubergine V
Starch	Macaroni (Gluten)	Potatoes	Potato	Pasta (Gluten)	Brown rice
Protein	Beans	Fish	Quorn	Fish	Borlotti beans
Vegetable	Carrots	Peas	Courgettes	Broccoli	Aubergine
Vegetable	Cauliflower	Cabbage	Carrot	Green beans	Tomato
pudding	Yoghurt (Milk)	Orange	Melon	Yoghurt (Milk)	Grapes
Tea	Water	Water	Water	Water	Water
Dish	Veggie and bean soup with Noodles	Spaghetti (Gluten) Quorn (Egg) Bolognese with cheese	Home made pizza (Gluten) with Hummus and veg sticks	Mexican rice with beans V	Jacket potato with Tuna/sardines , cheese (milk)
Starch	Noodles	Pasta (Gluten)	Pizza dough(Gluten)	Rice	Potato
Protein	Beans	Quorn (Egg)	Chick peas	Kidney beans	Fish
Vegetable	Diced mixed vegetables	Carrots	tomatoes pasata Pepper strips	Diced mixed vegetables	Cherry Tomato + lettuce
pudding	Melon	Yoghurt (Milk)	Melon	Apple	Yoghurt (Milk)
Snack	Oat cakes (Gluten)	Corn cakes	Oat cakes (Gluten)	Corn cakes	Rice cakes
	Carrot and cucumber sticks	Pepper strips and cucumber sticks	beetroot and cucumber sticks	Cherry tomatoes and carrot sticks	Carrot and cucumber sticks