

WINTER MENU 2

Week 2	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	Millet rice/wholemeal cereal or Weetabix (gluten)	Rice pops or cornflakes	Wholemeal toast or Wholemeal English Muffin	Porridge or rice pops	Crumpet (gluten) or bagel (gluten) Pure spread
Fruit	Dried fruit	blueberries	Dried fruit	banana	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	Rice cakes	Soda bread (Gluten) and pure spread	Breadsticks (Gluten) Humus (sesame)	English muffin (Gluten) and pure spread	Corn cakes
fruit	Apple	Orange	Pear	Pineapple	Apple
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	Butternut squash and Bean Hot pot with Garlic Bread (Gluten) V and Rice	Fried fish with homemade tomato sauce and brown rice with kidney beans	Goulash with beans and Dumplings	Fish Curry with Rice and Raita (Milk)	Mince Qourn (Egg) pasta bake
Starch	Bread and Rice	Rice	Potato	Brown Rice	Pasta
Protein	Kidney, borlotti and cannellini beans	Fish	Butter beans	Fish	Mince Quorn (Egg)
Vegetable	Tinned tomato and onion	Carrots	Squash	Tomato	Green Beans
Vegetable	Squash	Peas	Carrots	Cucumber	Courgettes
Pudding	Yoghurt (Milk)	Grapes	Banana	Apples	Yoghurt (Milk)
Tea	Water	Water	Water	Water	Water
Dish	Noodle stir fry with diced vegetables and chicken Quorn (Egg) V	Wraps (Gluten) with 3 fillings: Egg , tinned sardines, cream cheese (Milk)	Wholemeal pasta (gluten) with Smoked Haddock in a white Sauce	Jacket Potato with home made beans and cheese (milk)	Lentil Dahl with green peppers and Rice
Starch	Noodles	Wraps (Gluten)	Pasta (Gluten)	Potato	Rice
Protein	Quorn (Egg)	Egg or Fish	Fish	Haricot Beans	Lentils
Vegetable	Carrots, broccoli and peas	Cherry tomatoes + pepper strips + beetroot + avocado	Broccoli	Tomato pasata Onion	Onion and green peppers
Pudding	Banana	Yoghurt (Milk)	Oranges	Yoghurt (Milk)	Grapes
Snack	Oat cakes (Gluten)	Corn cakes	Oat cakes (Gluten)	Corn cakes	Rice cakes
	Carrot and cucumber sticks	banana	Carrot and cucumber sticks	Carrot and cucumber sticks	Carrot and cucumber sticks