

Winter to Spring 2022-2023

WEEK 1

MONDAY

Thai Red Curry
Jasmine Rice
Fresh Fruit Wedges

TEA: Leek & Tomato soup, cheesy toast, Chocolate chip cookies M, GL (we), E

TUESDAY

Classic cottage pie
Carrots & peas
Jelly & Cream M

TEA: Scrambled egg on toast with marmite, fruit & ice cream M, GL (we), E

WEDNESDAY

Sardine & Tomato spaghetti F, GL (we)
Crusty bread GL
Chocolate sponge & custard M, GL(we), E
TEA: Potato wedges, ham & cheese, salad sticks & fruit M

THURSDAY

Sausage & Lentil casserole
Colcannon mash M
Apple crumble & cream M, GL(we)
TEA: Tuna & sweetcorn pasta, iced sponge slice GL (we), E

FRIDAY

Vegetable stew & dumplings C, SO, GL (we)
Yogurt & bananas
TEA: assorted toasted sandwiches, homemade coleslaw & crispy cake
GL (we), M, E, MU

WEEK 2

MONDAY

Cowboy Hotpot
Crusty baguette slices GL (wh)
Strawberry mousse M

TEA: Homemade pizza, salad sticks, fruit jelly & cream GL (wh), M

TUESDAY

Rainbow Risotto C, SO
Grated cheese M
Hot mixed berries & ice-cream M
TEA: Lentil & carrot soup, brown bread & rocky road squares GL (wh), C, M, SO

WEDNESDAY

Roast Chicken Dinner
selection seasonal vegetables
Watermelon Wedges
TEA: Assorted filled wraps, salad & sultanas GL (wh), E, MU, F

THURSDAY

Spaghetti Bolognese
Seasonal fruit GL (wh), E, M,
TEA: Cheese & potato pie, chocolate chip cookies GL (wh), E, M,

FRIDAY

Pilchard Pasta GL (wh), E, F
Brown bread & butter GL (wh), M,
Pineapple & Coconut cake GL (wh), E
TEA: Ploughman's picnic, apples & grapes GL (wh), E, M, F, MU

WEEK 3

MONDAY

Tuna & sweetcorn hash M, F
Poached fruit & Chocolate custard M
TEA: Hot dogs, salad sticks, crispy cake GL (wh), M

TUESDAY

Pasta Carbonara GL (wh), E, M, SU
Syrup sponge & cream GL (wh), E, M
TEA: Toasted crumpets & toppings, warm chocolate milk & biscuit GL (wh), E, M

WEDNESDAY

Sausage Risotto
Chocolate Mousse M
TEA: sweet potato & red pepper soup, toasted pitta fingers, Victoria sponge slice GL (wh), E, M

THURSDAY

Quorn, leek & potato pie E, M
Sweetcorn & peas
Strawberry Jelly
TEA: Cheesy beans on toast, fruited flapjack GL (wh), M

FRIDAY

Chicken Alfredo GL (wh), M
Parmesan cheese M
Fromage Frais M
TEA: Jacket potatoes & fillings, swiss roll slices GL (wh), E, MU, F, M

WEEK 4

MONDAY

Red lentil & tomato pasta GL (wh)
Apple sponge pudding & cream GL (wh), E, M
TEA: Chilli & wedges, ice-cream & chocolate sauce M

TUESDAY

Cod Provencale F, C, SO
Herbed sautéed potatoes
Fresh fruit salad
TEA: Macaroni cheese & brown bread, oat biscuits & bananas GL (wh), M,

WEDNESDAY

Spicy chicken noodles GL (wh), E, SO
Fromage Frais M
TEA: Scrambled egg on brown toast, homemade fruit muffins GL (wh), E, M

THURSDAY

Beef Keema Curry
Basmati rice & Naan GL (wh)
Poached berries & cream M
TEA: Tomato, basil & paprika soup, soft rolls, oat & sultana cookie GL (wh), E, M

FRIDAY

Toad in the hole GL (wh), E, M
Onion gravy & peas
Melon smiles
TEA: Homemade pizza, salad, fruit yogurt GL (wh), M,

MENU DATES:

<u>WEEK 1:</u>	16/1/23	13/2/23	13/3/23	10/4/23
<u>WEEK 2:</u>	23/1/23	20/2/23	20/3/23	17/4/23
<u>WEEK 3:</u> 12/12 19/12 & 2/1 free wks	30/1/23	27/2/23	27/3/23	24/4/23
<u>WEEK 4:</u> 09/01/23	06/2/23	06/3/23	03/4/23	01/5/23 taster wk

Our menus are freshly prepared daily, therefore there may be an unscheduled change to the menu due to the rotation of perishable items. Please see Chef Marion to discuss recipe contents. Dietary requirements are provided for on a daily basis.

*Please ensure a **RISK ASSESSMENT** has been completed for any medical allergies, prior to commencing our menu.

*Our kitchen handles the **14 ALLERGENS**, therefore, although we are vigilant concerning children with allergies, we cannot eliminate the possibility of contamination from an outside source or changes to the ingredients of manufactured items

*We make every effort to identify the ingredients which may cause an allergic reaction.

*Our first aid procedures will be adhered to as per the Risk Assessment Sheet completed by the parent.

*A vegetarian option is available when a meal contains meat or meat derivatives.

*Meals are adapted accordingly for each age range.

Please speak to Chef Marion for any specific medical, religious or dietary concerns.

