



## Winter Menu - Week 2

|                  | Monday   | Tuesday  | Wednesday                               | Thursday  | Friday                                    |
|------------------|--|--|---|---|---|
| <b>Breakfast</b> | A selection of cereals with milk, toast with a variety of different spreads and fresh fruit is on offer daily between 7am and 8.45am |  |   |   |   |
| <b>Snack</b>     | fresh fruit  | mini pretzels  | bread sticks and dips                   | dried fruit   | carrot, celery and hummus                 |
| <b>Lunch</b>     | cottage pie with peas and carrots<br><br>banana custard  | tomato pasta with broccoli<br><br>fresh fruit                          | sausage , mash and peas<br><br>semolina | roast chicken with roast potato and vegetables<br><br>fruit salad | fish pie, mixed veg<br><br>brownies       |
| <b>Snack</b>     | ryvita and marmite   | cheese straws  | fruit                                   | rice cakes  | vegetable sticks                          |
| <b>High Tea</b>  | beans on toast<br><br>shortbread   | Homemade chicken & sweetcorn soup and crusty bread<br><br>fruit scones | sandwiches<br><br>fruit jelly           | macaroni cheese<br><br>chocolate flapjack                         | cheesy jacket potatoes<br><br>fruit salad |

\*water is available for the children throughout the day and a choice of milk or water is offered at mealtimes

\*\*alternatives are available for specific dietary requirements and allergies. For more information please speak to a member of the team



**lactofree**

