

<u>Winter Menu Week 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals
Morning snack	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk
Lunch time Starter			Homemade Tzatziki Dip with pepper sticks and Flat bread		Red Pepper & Butternut Squash Soup
Lunch time Main	Vegetable Chilli with Rice and pepper sticks	Baked White Fish in Parsley Sauce with Mashed Potatoes and Green Beans	Cowboy Pie <i>Halal option - Halal Beef Sausages</i>	Red Lentil and Chick Pea Curry with Rice and Chapatti	Chicken Ragu with Spaghetti with Salad Sticks <i>Halal option - Halal Chicken</i>
Lunch time Dessert	Sliced Apples and Cheese sticks	Rice Pudding with Poached Pears		Apple & Cinnamon Swirls	
Tea	Beef Stew with Yorkshire Pudding <i>Halal option - Halal Beef</i>	Chicken & Chorizo Orzo Pasta <i>Halal option - Halal Chicken</i>	Leek and Potato Soup with Cheese Sandwiches	Meat and Potato Hash with Red Cabbage <i>Halal option - Halal Beef</i>	Fish Fingers with Mashed Potatoes and Mixed Vegetables.
Dessert	Selection of seasonal fruit	Selection of seasonal fruit	Selection of seasonal fruit	Selection of seasonal fruit	Selection of seasonal fruit
Evening snack	Crackers	Rice Cakes	Crumpets	Wholemeal Pitta with Houmous	Crispbread

All meals are prepared fresh daily by the cook.

The nursery offers an alternative for any dietary requirements.

<u>Winter Menu Week 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals
Morning snack	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk
Lunch time Starter			Mixed Vegetable Soup		
Lunch time Main	Penne Bolognaise with Salad Sticks <i>Halal option - Halal Beef</i>	Chicken & Leek Pie with Carrots <i>Halal option - Halal Chicken</i>	Fish Curry with Rice and Naan Bread	Cottage Pie with Sweet Potato and Root Vegetable Top with Side of Broccoli <i>Halal option - Halal Beef</i>	Roast Turkey, Roast Potatoes, Cabbage, Carrots and Gravy <i>Halal option - Halal Chicken</i>
Lunch time Dessert	Coconut Rice Pudding	Greek Yoghurt with Berries		Bananas and Custard	Granola Bars
Tea	Pea and Ham Soup with Crusty Bread <i>Halal option - Quorn Ham alternative</i>	Sausage and Bean Stew with Mashed Potato <i>Halal option - Halal Chicken Sausages</i>	Vegetable Pasta Bake with Garlic Bread	Vegetable Stew with Vegan Dumplings	Creamy Garlic Chicken Pasta with Peas and Sweetcorn <i>Halal option - Halal Chicken</i>
Dessert	Selection of seasonal fruit	Selection of seasonal fruit	Selection of seasonal fruit	Selection of seasonal fruit	Selection of seasonal fruit
Evening snack	Crackers	Rice Cakes	Crumpets	Wholemeal Pitta with Houmous	Crispbread

All meals are prepared fresh daily by the cook.

The nursery offers an alternative for any dietary requirements.

<u>Winter Menu Week 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals	A selection of cereals
Morning snack	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk	Selection of seasonal fruit with milk
Lunch time Starter		Vegetable Sticks with Cottage cheese		Creamy Tomato and Basil Soup	
Lunch time Main	Chicken & Chorizo Jambalaya with Soft Tortilla Pieces <i>Halal option - Halal Chicken</i>	Sausage, Root Vegetable Mash, Carrots and Gravy <i>Halal option - Halal Beef Sausages</i>	Chicken in Creamy Mushroom Sauce, Wedges and Peas and Sweetcorn <i>Halal option - Halal Chicken</i>	Fish Pie with Side of Broccoli	Beef Stroganoff with Mashed Potato and a Side of Cooked Carrot Batons <i>Halal option - Halal Beef</i>
Lunch time Dessert	Natural Yoghurt with Blueberries		Cinnamon Rice Pudding		Cranberry and Oat Biscuits
Tea	Creamy Salmon Spaghetti with Broccoli	Vegetable Biryani with Omelette Fingers	Cheese and Onion Pie with Baked Beans	Chicken Korma with Rice and Naan Bread <i>Halal option - Halal Chicken</i>	Vegetable Lasagne with Salad Sticks
Dessert	Selection of seasonal fruit	Selection of seasonal fruit	Selection of seasonal fruit	Selection of seasonal fruit	Selection of seasonal fruit
Evening snack	Crackers	Rice Cakes	Crumpets	Wholemeal Pitta with Houmous	Crispbread

All meals are prepared fresh daily by the cook.

The nursery offers an alternative for any dietary requirements.