

Winter 15/16 Menu

Wk 1	Breakfast 8.00-8.30	Lunch 11.30am	Tea 3.30pm	Twilight snack
Monday	Choice of healthy cereals	Spinach and Cream Cheese Pasta (2) (7) ~ Natural Yoghurt and Honey (7)	Homemade Pizza (2) (7) ~ Fresh Fruit	A drink and a biscuit
Tuesday		Chicken Casserole with Mash ~ Fromage Frais (7)	Roasted Vegetable, tomato and basil pasta bake (1) (2) ~ Fresh Fruit	
Wednesday		Chilli Con Carne with Rice ~ Carrot Cake (2) (7)	Wedges, Cheese and Beans (7) ~ Fresh Fruit	
Thursday		Creamy Chicken and Mushroom Pasta (2) (7) (9) ~ Natural Yoghurt and Honey (7)	Carrot and Sweet Potato Soup (1) (9) ~ Fresh Fruit	
Friday		Chicken Korma, Rice and Naan's (2) (7) ~ Fromage Frais (7)	Red Pesto Pasta (2) (7) ~ Fresh Fruit	

1=Celery 2=Cereals containing Gluten 3=Crustaceans 4=Eggs 5=Fish 6=Lupin 7=Milk 8=Molluscs 9=Mustard 10=Nuts 11= Peanuts 12= Sesame seeds 13=Soya 14= Sulphur dioxide (sometimes known as sulphites)

Milk is available for morning snack and in the afternoon. Water is available at all times

Winter 15/16 Menu

WEEK	Breakfast	Lunch	Tea	Twilight Snack
2	8.00-8.30	11.30am	3.30pm	
Monday	Choice of healthy Cereal	Pesto Pasta (2)(7) ~ Natural Yoghurt and Honey (7)	Chicken Hotpot (1) ~ Fresh Fruit	A drink and a biscuit
Tuesday		Roast Dinner (2)(4)(7) ~ Beetroot Cake (2) (7)	Tuna Bake (2) (5) (7) (9) ~ Fresh Fruit	
Wednesday		Pasta Bolognaise (1)(2) ~ Fromage Frais (7)	Stew and Mash (1) ~ Fresh Fruit	
Thursday		BBQ Chicken and Bulger Wheat (1)(2) ~ Natural Yoghurt and Honey (7)	Cheesy bean bake(7) ~ Fresh Fruit	
Friday		Cowboy Casserole (Sausage and Bean) ~ Natural yoghurt & Honey (7)	Leek and Potato Soup with Wholemeal Bread(1)(2) ~ Fresh fruit	

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Wk 3	Breakfast 8.00- 8.30am	Lunch 11.30am	Tea 3.30pm	Twilight snack
Monday	Choice of healthy cereal	Pasta Bolognese (1) (2) ~ Natural Yoghurt and Honey(7)	Omelettes and Toasted Selection(2)(4) ~ Fresh Fruit	A drink and a biscuit
Tuesday		Chicken Supreme with rice and Green (7) (9) ~ Fromage Frais(7)	Cheesy Beans and Toasted Selection(2) ~ Fresh Fruit	
Wednesday		Fish Pie (5) (7) ~ Natural Yoghurt and Honey (7)	Sweet Potato, Chickpea, Spinach Korma with Rice/Naan's (2) (7) ~ Fresh Fruit	
Thursday		Cottage Pie and Mixed Veg (1) (7) ~ Upside down fruit cake (2) (7)	Baked Gnocchi in a cheese sauce (2) (7) ~ Fresh Fruit	
Friday		Chicken Tagine and Cous Cous ~ Fromage Frais (7)	Winter Vegetable Soup (1) (9) ~ Fresh Fruit	

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