

## Children's Winter Menu (Updated 03/10/2022)

Day	Lunch	Ingredients/contents	Dessert	Snack	Tea	Ingredients/contents	Dessert	Ingredients/contents
One	Cod & Salmon Fish pie with broccoli and sweetcorn	Potato, cod (F), haddock (F), salmon (F), parsley sauce (D)(G), milk (D), broccoli & sweetcorn	Fresh Fruit	Rice cakes	Sausage in a bun, Tomato sauce & carrots	Sausage (P)(B)(SD), bread roll (G)(S), tomato sauce (T), carrots	Banana and custard (D)	Banana, Custard (D)
Two	African Yam stew with couscous	Coriander, cumin, cayenne pepper, tumeric, onion, garlic puree, carrots, sweet potato, <b>chopped tomatoes (T)</b> , vegetable stock (C)(T), baby spinach, <b>couscous (G)</b> .	Yoghurt (D)	Fruit	Chicken or cheese wraps	Cooked chicken, soft cheese (D), tortilla wraps (G), carrot and cucumber <b>**dip</b>	Fresh Fruit	
Three	Roast dinner with carrots & cauliflower	Chicken, roasted new potatoes, oil, carrots, cauliflower, <b>stuffing (G)</b> , <b>yorkshire pudding (G)(E)(D)</b> , <b>gravy (G)(S)</b>	Fresh Fruit	Breadsticks (G)	Hulk Pasta	Dried macaroni (G), spinach, <b>milk(D)</b> , <b>cheese (D)</b> , dairy free spread, cornflour, black pepper	***Apple crumble (G) & custard (D)	Flour (G), olive spread, demerera sugar, apples, <b>custard (D)</b>
Four	Chicken stir fry	Chicken, <b>Maggie liquid seasoning(G)</b> , black pepper, garlic puree, spring onion, pepper, pak choi, baby corn, <b>egg noodles (E)(G)</b>	Yoghurt (D)	Fruit	Butternut squash and tomato soup with wholemeal roll	Butternut squash, Tomatoes (T), Onions, Celery ©, Vegetable stock © (T), olive spread, wholemeal roll (G)(S)	Fresh Fruit	
Five	Shepherd's pie with cauliflower and gravy	Beef mince (B), onion, garlic puree, <b>tomato puree (T)</b> , <b>beef stock (B)(C)</b> , carrots, courgettes, dried basil, dried parsley, dried thyme, potato, cauliflower and <b>gravy (G)(S)</b>	Fresh Fruit	Rice cakes	Beans with fish cakes	Baked beans (T) (L), Heart food Co Cod fish cakes (F) (G)	Vegan lemon cake (G)	Oil, self-raising flour (G), lemon, baking powder, golden caster sugar, icing sugar
Six	Leczo with rice	<b>Sausage(P,B,SD)</b> , garlic puree, courgette, onion, smoked paprika, paprika, oregano, cayenne pepper, <b>tomato paste (T)</b> , <b>tomatoes (T)</b> , peppers & rice	Yoghurt (D)	Fruit	Variety of sandwiches with carrot and dip	50:50 bread (G)(S), olive spread, soft cheese (D), tuna (F), mayonnaise (M)(E), ham (P), marmite, carrots, <b>**dip</b>	Fresh fruit	
Seven	Greek lamb hot pot	Lamb mince, aubergine, potato, <b>beef stock (B)(C)</b> , <b>tomato paste (T)</b> , <b>balsamic vinegar (SD)</b> , dried basil, corn flour, black pepper, <b>feta cheese (D)</b>	Fresh Fruit	Breadsticks (G)	Banh Mi	Finger rolls (G), carrot, cucumber, cooked chicken, lettuce, <b>mayonnaise (E) (M)</b>	Vegan carrot cake (G)	Carrots, oil, apple sauce, brown sugar, <b>self raising flour (G)</b> , ground cinammon, mixed spice, raisins
Eight	Chicken & Sweet potato curry with rice and chapatti	Chicken, sweet potato, <b>korma curry paste (T)</b> , onions, <b>chicken stock (C)</b> , garlic puree, ginger puree, <b>coconut milk (L)</b> & rice, <b>chapatti (G)</b>	Yoghurt (D)	Fruit	Chicken & tomato orzo bake	<b>Chopped tomatoes (T)</b> , chicken, <b>cheese (D)</b> , <b>orzo (G)</b> , onion, carrot, sweetcorn, <b>vegetable stock (C) (T)</b> , parsley, oregano, smoked paprika	Fresh fruit	
Nine	Potato and Leek bake with carrots & garlic bread	Potato, Leek, <b>butter (D)</b> , <b>flour (G)</b> , <b>milk (D)</b> , <b>cheese (D)</b> , carrots & <b>garlic bread (G,D)</b>	Fresh Fruit	Rice cakes	Spaghetti hoops with bread	Spaghetti hoops (G), <b>bread (G)(S)</b> , olive spread	***Apple crumble (G) & custard (D)	Flour (G), olive spread, demerera sugar, tinned apples, <b>custard (D)</b>
Ten	Jollof rice, chicken and slaw	Basmati rice, red pepper, onion, garlic puree, ginger puree, tomato puree, bay leaves, dried thyme, curry powder, white pepper, <b>chicken stock (C)</b> , chicken, all purpose seasoning, red cabbage, green cabbage, carrot, lemon juice, ground cumin, olive oil	Yoghurt (D)	Fruit	Pizza fingers, carrot, cucumber and dip	Pizza (G)(D)(S), carrot, cucumber, <b>**dip</b>	Fresh fruit	
Eleven	Lasagne with Green beans & Sweetcorn	Beef mince (B), <b>Tomato puree (T)</b> , garlic puree, onion, <b>beef stock (B)(C)</b> , <b>tomato passata (T)</b> , dried basil, carrots, <b>lasagne sheets (G)</b> , <b>white sauce (D)(M)</b> , <b>cheese (D)</b> , Sweetcorn, Green Beans (L)	Fresh Fruit	Breadsticks (G)	Variety of sandwiches with carrot and dip	50:50 bread (G)(S), olive spread, soft cheese (D), tuna (F), mayonnaise (M)(E), ham (P), marmite, carrots, <b>**dip</b>	Banana and custard (D)	Banana, Custard (D)

G = Contains Gluten

D = Contains Dairy

E = Contains Egg

L = Contains Legumes

Fresh fruit - Satsuma, apple, banana, strawberries, melon, grapes, pear, pineapple, mango

Dried Fruit - Raisins

Cereals - Shreddies (G), Rice crispies (G), Cherrios (G), Weetabix (G), Porridge (G), Cornflakes (G)

Vegetable oil is used in preparation of most meals

S = Contains Soya

SD = Contains Sulphur Dioxide

SS = Contains Sesame seeds

### Meat substitutes

Quorn fillets 312g (E)

Quorn chicken style pieces 500g (E)

Quorn 12 Sausages 504G (E) (G)

Quorn mince 500g (E) (G)

Birds Eye 10 Vegetable Fingers 284G

P = Contains Pork

B = Contains Beef

F = Contains Fish

T = Contains Tomato

M = Contains Mustard

C = Contains Celery

T = Contains Tomato

M = Contains Mustard

C = Contains Celery

Cows Milk provided with snack

\*Milk alternatives - Koko & Oatly

\*\*Dips - houmous (SS)(L), sour cream & chive dip (D)(E), onion & garlic dip (D)(E)

\*\*\*All of our cakes/desserts are made with olive spread (dairy free butter alternative)

\*\*\*\*Morning snacks for tots may contain Wheat, Milk, Barley, Nuts, soya, sesame seeds, tomato, legumes

These snacks will be organix carrot & herb stix, saucy tomato noughts and crosses, melty veggie sticks

\*\*\*\*\* Corn Flour used for sauces