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| Autumn-Winter Menu 2025/6 |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 | Breakfast | **A selection of cereals and fresh fruit.** | **A selection of cereals and fresh fruit.** | **A selection of cereals and fresh fruit.** | **A selection of cereals and fresh fruit.** | **A selection of cereals and fresh fruit.** |
| Snack  | **Fresh fruit** | **Fresh fruit** | **Fresh fruit** | **Fresh fruit** | **Fresh fruit** |
| Lunch | **Beefy Bean or Veggie Bean Cobbler.** | **Macaroni Cheese with Green Beans.** | **Chicken or Chickpeas and Apricot Casserole.**  | **Jacket potato with Cheese and Reduced Sugar and Salt Baked Beans.** | **Tuna or Mushroom Pasta Bake with sweetcorn.**  |
| Pudding | **Natural yoghurt with honey.** | **Homemade Apple Crumble.** | **Homemade Jam Sponge with Fresh Custard.** | **Homemade Chocolate Shortbread.** | **Homemade Semolina.**  |
| 2PM Snack(optional)  | **Fresh fruit, breadsticks, or rice cakes** | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** |
| Tea | **Golden Vegetable Rice pot.** | **A selection of Sandwiches with Veggie Sticks.** | **Fish Fingers or Veggie fingers with Sweetcorn Wraps.**  | **Chicken or Vegetable Soup with Buttered Bread Roll.**  | **A selection of Sandwiches with Veggie Sticks.** |
| Week 2 | Breakfast | **A selection of Cereals and fresh fruit** | **A selection of Cereals and fresh fruit** | **A selection of Cereals and fresh fruit** | **A selection of Cereals and fresh fruit** | **A selection of Cereals and fresh fruit** |
| AM Snack | **Fresh fruit** | **Fresh fruit** | **Fresh fruit** | **Fresh fruit** | **Fresh fruit** |
| Lunch | **Vegetable Chilli Con Carne and Rice.** | **Spaghetti Bolognaise or Aubergine and Courgette Bolognaise.**  | **Cheesy Fish or Spinach and mushroom Pie with Peas.**  | **Chicken or Squash and Chickpea Curry with Rice.** | **Tomato and Vegetable Lentils.**  |
| Pudding | **Slices of Banana with Fresh Custard.**  | **Homemade Gooey Chocolate Sponge.**  | **Homemade Rice Pudding.**  | **Natural yoghurt with honey.** | **Homemade Cherry and Oat Cookies.**  |
| 2PM Snack(optional) | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** |
| Tea | **A selection of Sandwiches with Veggie Sticks.** | **Vegetable Soup with a Buttered Bread Roll.**  | **Reduced Sugar and Salt Baked Beans on Toast.** |  **A selection of Sandwiches with Veggie Sticks.** | **Crumpets with Spaghetti Hoops.** |
| Week 3 | Breakfast  | **A selection of cereals and fresh fruit** | **A selection of cereals and fresh fruit** | **A selection of cereals and fresh fruit** | **A selection of cereals and fresh fruit** | **A selection of cereals and fresh fruit** |
| AM Snack | **Fresh fruit** | **Fresh fruit** | **Fresh fruit** | **Fresh fruit** | **Fresh fruit** |
| Lunch | **Jacket potato with Cheese and Baked Beans**  | **Roast Chicken or Three Bean Pattie with Roast Potatoes with Vegetables.**  | **Aubergine, Courgette and Sweet Potato Dahl.** | **Tuna or Mushroom Supreme with Sweetcorn.** | **Cottage or Roasted Aubergine and Mushroom Pie with Carrots.**  |
| Pudding | **Homemade Peach Crumble.**  | **Natural Yoghurt with Honey.**  | **Homemade Oaty Chocolate Chip Cookies.**  | **Homemade Upside-Down Pineapple Sponge.**  | **Homemade Lemon Cheesecake.**  |
| 2PM Snack(optional) | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** | **Fresh fruit, breadsticks, or rice cakes.** |
| Tea | **Vegetable and Paneer Curry Pot with a Mini Naan.**  | **A selection of Sandwiches with Veggie Sticks.** | **Reduced Sugar and Salt Baked Beans on Toast.** | **Mini Meatballs or Chickpeas in a Basil and Tomato Pasta Sauce.**  | **Tomato Soup with a Buttered Bread Roll.**  |

**All allergy and preference meals will be prepared as needed, accommodating individual children’s needs. For further allergen information please ask the Office.**