

WINTER MENU 2019-2020

October, November, December, January, February & March

All Dietary Requirements are available on all meals. Fresh Fruit is offered/available at every meal time. Very young children may have alternative on occasions.

BREAKFAST

Choice of cereals - Wheatabix, Malted Wheat, Rice Crispies, Cheerios, Instant Oats, Cornflakes. Eggs - Scrambled or Poached. Natural Yoghurt & Honey. Wholemeal Toast - Marmite, Dairylea, Honey or Jam. Fresh Fruit. Milk - Hot or Cold. Orange Juice (diluted) or Water.

DAY	AM SNACK	HOT LUNCH	DESSERT	PM SNACK	TEA	DESSERT
<u>DAY 1</u> OCT - 1 st , 16 th , 31 st NOV - 5 th , 15 th DEC - 2 nd , 17 th JAN - 2 nd , 13 th , 28 th FEB - 1 st , 16 th , 26 th MAR - 2 nd , 12 th , 27 th	Oatcake, Peach & Sugar Snap ALLERGENS: OATS	<u>Vege Chilli Pasta Bake with Warm Crusty Ciabatta</u> INGREDIENTS: pasta, quorn mince, mixed beans, onions, carrots, celery, tin tomatoes, tom puree, mild chilli powder, vegetable stock, cheese, milk, flour, wheat. ALLERGENS: WHEAT, MILK, EGG	Lemon Tart ALLERGENS: MILK, WHEAT, EGG (may contain nuts)	Fruit Bread, Pear & Carrot Sticks ALLERGENS: WHEAT, SOYA	<u>Assorted Sandwich Buffet</u> INGREDIENTS: wholemeal bread, dairy free spread, ham, dairylea, jam, marmite ALLERGENS: WHEAT, MILK	Iced Fairy Cake ALLERGENS: WHEAT, EGG, MILK
<u>DAY 2</u> OCT - 2 nd , 17 th NOV - 1 st , 18 th DEC - 3 rd , 18 th JAN - 3 rd , 14 th , 29 th FEB - 2 nd , 12 th , 27 th MAR - 3 rd , 13 th , 30 th	Cracker, Cheese Spread & Plums ALLERGENS: WHEAT, MILK	<u>Roast Turkey & Cranberry Dinner with Roasties and Vegetables</u> INGREDIENTS: turkey, cranberry sauce, york pudding, gravy, potatoes, carrots & button sprouts. ALLERGENS: MILK, WHEAT, EGG	Mince Pie & Custard ALLERGENS: WHEAT, MILK (may contain egg, nuts, soy, sulphites)	Crumpet, Red Pepper & Melon ALLERGENS: WHEAT (may - egg, milk, soya)	<u>Fishcake & Spaghetti Hoops</u> INGREDIENTS: fishcake, spaghetti ALLERGENS: FISH, MILK, WHEAT	Mandarins & Ice-Cream ALLERGENS: MILK
<u>DAY 3</u> OCT - 3 rd , 18 th NOV - 4 th , 19 th DEC - 4 th , 19 th JAN - 4 th , 15 th , 30 th FEB - 5 th , 13 th , 28 th MAR - 16 th , 31 st	Pitta, Humus & Green Grapes ALLERGENS: WHEAT (may contain - egg, milk, soya)	<u>Breaded Cod with Boiled Potatoes Peas & Sweetcorn</u> INGREDIENTS: breaded cod, potatoes, peas & sweetcorn ALLERGENS: FISH, WHEAT	ChocFudge Cake & Ice-Cream ALLERGENS: WHEAT, MILK, EGG, SOYA (may contain - nuts)	Digestive, Blueberry & Tomato ALLERGENS: WHEAT, MILK (may - nuts)	<u>Hearty Sausage Casserole Bowl</u> INGREDIENTS: sausages, carrot, swede, potato, onion, turnip, leek, gravy ALLERGENS:	Fruit Yoghurt ALLERGENS: MILK
<u>DAY 4</u> OCT - 4 th , 21 st NOV - 5 th , 20 th DEC - 5 th , 20 th JAN - 5 th , 16 th , 31 st FEB - 5 th , 14 th MAR - 2 nd , 17 th	Breadstick, Yogurt & Pineapple ALLERGENS: WHEAT, BARLEY (may contain - milk, sesame, soya)	<u>Chicken & Pineapple Curry with Rice, Poppadom & Tomato Salad</u> INGREDIENTS: chicken, pineapple, curry paste, coconut milk, rice, poppadom, tomatoes ALLERGENS: MUSTARD (may contain nuts)	Strawberry Cheesecake ALLERGENS: EGG, MILK, WHEAT (may contain nuts)	Potato Cake, Cucumber & Red Grape ALLERGENS: WHEAT	<u>Jacket Potato with Cheese & Beans</u> INGREDIENTS: potatoes, dairy free spread, baked beans, grated cheese ALLERGENS: WHEAT	Bananas & Custard ALLERGENS: MILK, WHEAT
<u>DAY 5</u>	Wholemeal Pasta,	<u>Country Cottage Pie with</u>	Warm Fruit &	Cheddars, Cheese	<u>Homemade Soup &</u>	Swiss Roll

OCT – 7 th , 22 nd NOV – 6 th , 21 st DEC – 6 th , 21 st JAN – 2 nd , 17 th FEB – 3 rd , 17 th MAR – 3 rd , 18 th	Orange & Banana ALLERGENS: WHEAT	<u>Broccoli & Mixed Vegetables</u> INGREDIENTS: mince beef, onion, beef stock, gravy, potato, butter, milk, cheese, broccoli, mixed vegetables. ALLERGENS: MILK	Semolina ALLERGENS: MILK, WHEAT	Cube & Apple ALLERGENS: WHEAT, MILK, BARLEY (may – sesame)	<u>Wholemeal Roll</u> INGREDIENTS: carrots, leeks, celery, potato, onion, swede, parsnip, stock, parsley, tomatoes ALLERGENS: WHEAT, MILK	ALLERGENS: EGG, MILK, SOYA, WHEAT (may contain – nuts)
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DAY	AM SNACK	HOT LUNCH	DESSERT	PM SNACK	TEA	DESSERT
<u>DAY 6</u> OCT – 8 th , 23 rd NOV – 7 th , 22 nd DEC – 9 th , 24 th JAN – 3 rd , 20 th FEB – 4 th , 18 th MAR – 4 th , 19 th	Digestive, Blueberry & Tomato ALLERGENS: WHEAT, MILK (may contain – nuts)	<u>Quorn Sausages with Roasted Mediterranean Veg & Cous Cous</u> INGREDIENTS: quorn sausages, courgettes, aubergines, peppers, onions, passata, cous cous ALLERGENS: WHEAT, EGG, BARLEY	Banana Split ALLERGENS: MILK, WHEAT	Oatcake, Pineapple & Sugar Snap ALLERGENS: OATS	<u>Tuna & Tomato Pasta Bake</u> INGREDIENTS: pasta, tuna, sweetcorn, milk, butter, flour, cheese, mustard, tomato, passata ALLERGENS: MILK	Chocolate Mousse ALLERGENS: MILK
<u>DAY 7</u> OCT – 9 th , 24 th NOV – 8 th , 25 th DEC – 10 th , 25 th JAN – 6 th , 21 st FEB – 5 th , 19 th MAR – 5 th , 20 th	Fruit Bread, Pear & Carrot Sticks ALLERGENS: WHEAT, SOYA	<u>Winter Beef & Vegetable Casserole & Dumplings</u> INGREDIENTS: beef, onions, potato, leeks, celery, carrots, turnips, parsnips, gravy, dumplings ALLERGENS: WHEAT, MILK, SOYA	Fruit Flapjack ALLERGENS: OATS, MILK (may contain nuts)	Breadstick, Yogurt & Banana ALLERGENS: WHEAT, BARLEY, MILK (may – milk, sesame, soya)	<u>Assorted Filled Wholemeal Wraps</u> INGREDIENTS: wholemeal wraps, dairylea, sliced ham & chicken, lettuce, cucumber, tomato, mayo ALLERGENS: WHEAT, EGGS, MUSTARD	Homemade Cake ALLERGENS: WHEAT, MILK, EGG
<u>DAY 8</u> OCT – 10 th , 25 th NOV – 11 th , 26 th DEC – 11 th , 26 th JAN – 7 th , 22 nd FEB – 6 th , 20 th MAR – 6 th , 23 rd	Rice Cake, Strawberry & Mange Tout ALLERGENS: NONE (may contain – soya)	<u>Creamy Fish Pie with Green Beans & Sweetcorn</u> INGREDIENTS: cod, haddock, salmon, cheese sauce, potato, cheese, green beans. ALLERGENS: FISH, WHEAT, MILK, MUSTARD (may contain eggs, celery)	Pear Crumble & Custard ALLERGENS: WHEAT	Wholemeal Pasta, Orange & Banana ALLERGENS: WHEAT	<u>Pizza Slice Selection & Coleslaw</u> INGREDIENTS: assorted pizza's, coleslaw ALLERGENS: WHEAT, EGGS, MUSTARD	Ice-Cream Roll ALLERGENS: WHEAT, MILK, EGGS, SOYA
<u>DAY 9</u> OCT – 11 th , 28 th NOV – 12 th , 27 th DEC – 12 th , 27 th JAN – 8 th , 23 rd FEB – 7 th , 21 st MAR – 9 th , 24 th	Crumpet, Red Pepper & Melon ALLERGENS: WHEAT (may contain – egg, milk, soya)	<u>Tasty Lasagne with Garlic Bread & Mixed Salad</u> INGREDIENTS: mince beef, onions, celery, carrot, tomatoes, tomato puree, beef stock cube, pasta, cheese, lettuce, cucumber, tomato, garlic bread. ALLERGENS: WHEAT, EGG (may contain wheat, milk, soya)	Chocolate Brownie ALLERGENS: MILK, WHEAT, EGG, SOYA (may contain nuts)	Cracker, Cheese Spread & Plum ALLERGENS: OATS, MILK	<u>'Howdy' Hot Dogs</u> INGREDIENTS: sausages, finger rolls, tomato & cucumber slices, ketchup ALLERGENS: MILK, WHEAT	Fruit Cocktail ALLERGENS: NONE
<u>DAY 10</u> OCT – 14 th , 29 th NOV – 13 th , 28 th DEC – 13 th , 28 th JAN – 9 th , 24 th FEB – 10 th , 24 th MAR – 10 th , 25 th	Cheddars, Apple & Cheese Cube ALLERGENS: WHEAT, MILK, BARLEY (may contain – sesame)	<u>Chicken Pie & Root Veg Mash Red Cabbage, Peas & Gravy</u> INGREDIENTS: chicken pie, carrot, swede, potato, red cabbage, peas, gravy ALLERGENS: WHEAT, MILK, SOY (may contain, nuts, gluten, celery, eggs, mustard)	Red Berry Sundae ALLERGENS: MILK, WHEAT	Pitta, Humus & Green Grapes ALLERGENS: WHEAT (may – egg, milk, soya)	<u>Chinese Noodle Stir Fry</u> INGREDIANTS: noodles, beansprouts, cabbage, carrot, pepper, sweetcorn, chow mein sauce ALLERGENS: WHEAT, EGG, SOYA (may – celery, cereals, milk)	Rice Pudding ALLERGENS: MILK
<u>DAY 11</u> OCT – 15 th , 30 th	Potato Cake, Cucumber &	<u>Pork, Red Pepper & Mushroom</u>	Toffee Pud &	Rice Cake, Strawberry &	<u>Ham Frittata</u>	Peach Melba

NOV - 14th, 29th
DEC - 16th
JAN - 1st, 27th
FEB - 11th, 25th
MAR - 11th, 26th

Red Grape

ALLERGENS: WHEAT

Stroganoff with Rice & Broccoli

INGREDIENTS: pork, red pepper, mushroom, onion, crème fraiche, rice, broccoli.
ALLERGENS: MILK

Creme Fraiche

ALLERGENS: MILK, WHEAT, EGG
(may contain soy)

Mange Tout

ALLERGENS: NONE
(may - soya)

& Mixed Veg

INGREDIENTS: eggs, ham, peas, sweetcorn,
carrot, green beans
ALLERGENS: EGGS,

ALLERGENS: MILK, WHEAT,
SOYA.