

# WINTER MENU 2020 - 2021

October, November, December, January, February & March

Dietary Requirements are available on all meals. Fresh Fruit, Natural Yoghurt & Honey are offered/available at every meal time.

Very young children may have alternative Tea 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
<b><u>DAY</u></b> <b>1</b>	Oatcake, Peach & Sugar Snap  ALLERGENS: OATS	<b><u>Vege Chilli Pasta Bake with Broccoli</u></b>  INGREDIENTS: pasta, quorn mince, mixed beans, onions, carrots, celery, mushrooms, tin tomatoes, tomato puree, mild chilli powder, vegetable stock, cheese, milk, flour, wheat. ALLERGENS: WHEAT, MILK, EGG	<b>Mandarins &amp; Ice-Cream</b>  ALLERGENS: MILK	Fruit Bread, Pear & Carrot Sticks  ALLERGENS: WHEAT, SOYA	<b><u>Jacket Potato with Cheese &amp; Beans</u></b>  INGREDIENTS: potatoes, dairy free spread, baked beans, grated cheese ALLERGENS: WHEAT, MILK	<b>Fruit Yoghurt</b>  ALLERGENS: MILK
<b><u>DAY</u></b> <b>2</b>	Cracker, Cheese Spread & Plums  ALLERGENS: WHEAT, MILK	<b><u>Breaded Cod with Creamy Mash Peas &amp; Sweetcorn</u></b>  INGREDIENTS: breaded cod, potatoes, peas & sweetcorn ALLERGENS: FISH, WHEAT	<b>Fresh Fruit Salad</b>  ALLERGENS: NONE	Crumpet, Red Pepper & Melon  ALLERGENS: WHEAT (may - egg, milk, soya)	<b><u>Assorted Sandwich Buffet</u></b>  INGREDIENTS: wholemeal bread, dairy free spread, ham, dairylea, jam, marmite ALLERGENS: WHEAT, MILK	<b>Cinnamon Rice Pudding</b>  ALLERGENS: MILK
<b><u>DAY</u></b> <b>3</b>	Pitta, Humus & Green Grapes  ALLERGENS: WHEAT (may contain - egg, milk, soya)	<b><u>Chicken &amp; Pineapple Curry with Rice, Poppadom &amp; Tomato Salad</u></b>  INGREDIENTS: pork, pineapple, curry paste, coconut milk, rice, poppadom, tomatoes ALLERGENS: MUSTARD (may contain nuts)	<b>Bananas &amp; Custard</b>  ALLERGENS: MILK, WHEAT	Digestive, Blueberry & Tomato  ALLERGENS: WHEAT, MILK (may - nuts)	<b><u>Hearty Sausage Casserole Bowl</u></b>  INGREDIENTS: sausages, carrot, swede, potato, onion, turnip, leek, tomato, gravy ALLERGENS:	<b>Ice-Cream Roll</b>  ALLERGENS: WHEAT, MILK, EGGS, SOYAT
<b><u>DAY</u></b> <b>4</b>	Breadstick, Yogurt & Pineapple  ALLERGENS: WHEAT, BARLEY (may contain - milk, sesame, soya)	<b><u>Country Cottage Pie with Cauliflower &amp; Mixed Vegetables</u></b>  INGREDIENTS: mince beef, onion, beef stock, gravy, potato, carrot, swede, butter, milk, cheese, cauliflower, mixed vegetables. ALLERGENS: MILK	<b>Frozen Red Fruit Yogurt</b>  ALLERGENS: MILK	Potato Cake, Cucumber & Red Grape  ALLERGENS: WHEAT	<b><u>Homemade Soup &amp; Wholemeal Roll</u></b>  INGREDIENTS: carrots, leeks, celery, potato, onion, swede, parsnip, stock, parsley, tomatoes ALLERGENS: WHEAT, MILK	<b>Apple Pie</b>  ALLERGENS: OATS, MILK
<b><u>DAY</u></b> <b>5</b>	Wholemeal Pasta, Orange & Banana  ALLERGENS: WHEAT	<b><u>Roast Turkey &amp; Cranberry Dinner with Roasties and Vegetables</u></b>  INGREDIENTS: turkey, cranberry sauce, york pudding, gravy, potatoes, carrots & button sprouts. ALLERGENS: MILK, WHEAT, EGG	<b>Winter Fruit &amp; Semolina</b>  ALLERGENS: MILK, WHEAT	Cheddars, Cheese Cube & Apple  ALLERGENS: WHEAT, MILK, BARLEY (may - sesame)	<b><u>Cheesy Tuna Pasta Bake</u></b>  INGREDIENTS: pasta, tuna, sweetcorn, milk, butter, flour, cheese, mustard ALLERGENS: MILK	<b>Melon Boat</b>  ALLERGENS: NONE

DAY	AM SNACK	HOT LUNCH	DESSERT	PM SNACK	TEA	DESSERT
<b><u>DAY</u></b> <b>6</b>	Digestive, Blueberry & Tomato  <small>ALLERGENS: WHEAT, MILK (may contain - nuts)</small>	<b><u>Quorn Sausages with Roasted Mediterranean Veg &amp; Cous Cous</u></b>  <small>INGREDIENTS: quorn sausages, courgettes, aubergines, peppers, onions, passata, cous cous ALLERGENS: WHEAT, EGG, BARLEY</small>	<b>Blueberry Sundae</b>  <small>ALLERGENS: MILK, WHEAT</small>	Oatcake, Pineapple & Sugar Snap  <small>ALLERGENS: OATS</small>	<b><u>Spaghetti Bolognaise</u></b>  <small>INGREDIENTS: pasta, mince beef, onion, carrot, celery, tomatoes, tomato puree, beef oxo ALLERGENS: WHEAT</small>	<b>Bananas &amp; Custard</b>  <small>ALLERGENS: MILK, WHEAT</small>
<b><u>DAY</u></b> <b>7</b>	Fruit Bread, Pear & Carrot Sticks  <small>ALLERGENS: WHEAT, SOYA</small>	<b><u>Winter Beef &amp; Vegetable Casserole &amp; Dumplings</u></b>  <small>INGREDIENTS: beef, onions, potato, leeks, celery, carrots, turnips, parsnips, gravy, dumplings ALLERGENS: WHEAT, MILK, SOYA</small>	<b>Citrus Pineapple Cocktail</b>  <small>ALLERGENS:</small>	Breadstick, Yogurt & Banana  <small>ALLERGENS: WHEAT, BARLEY, MILK (may - milk, sesame, soya)</small>	<b><u>Assorted Filled Wholemeal Wraps</u></b>  <small>INGREDIENTS: wholemeal wraps, dairylea, sliced ham &amp; chicken, lettuce, cucumber, tomato, mayo ALLERGENS: WHEAT, EGGS, MUSTARD</small>	<b>Fruit Yoghurt</b>  <small>ALLERGENS: MILK</small>
<b><u>DAY</u></b> <b>8</b>	Rice Cake, Strawberry & Mange Tout  <small>ALLERGENS: NONE (may contain - soya)</small>	<b><u>Captains Fish Pie with Broccoli &amp; Sweetcorn</u></b>  <small>INGREDIENTS: cod, haddock, salmon, cheese sauce, potato, cheese, broccoli, sweetcorn ALLERGENS: FISH, WHEAT, MILK, MUSTARD (may contain eggs, celery)</small>	<b>Fruit Crumble &amp; Custard</b>  <small>ALLERGENS: WHEAT, MILK</small>	Wholemeal Pasta, Orange & Banana  <small>ALLERGENS: WHE</small>	<b><u>Vegetable Curry &amp; Rice</u></b>  <small>INGREDIENTS: rice, broccoli, cauliflower, carrots, aubergine, courgette, tomatoes, mushrooms, peppers, coconut milk, korma pasta ALLERGENS: (may contain nuts)</small>	<b>Peach Melba</b>  <small>ALLERGENS: MILK, WHEAT, SOYA.</small>
<b><u>DAY</u></b> <b>9</b>	Crumpet, Red Pepper & Melon  <small>ALLERGENS: WHEAT (may contain - egg, milk, soya)</small>	<b><u>Tasty Lasagne with Garlic Bread &amp; Mixed Salad</u></b>  <small>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)</small>	<b>Kiwi &amp; Berry Cheesecake</b>  <small>ALLERGENS: WHEAT, MILK</small>	Cracker, Cheese Spread & Plum  <small>ALLERGENS: OATS, MILK</small>	<b><u>'Howdy' Hot Dogs &amp; BBQ Beans</u></b>  <small>INGREDIENTS: finger rolls, sausages, bbq beans ALLERGENS: WHEAT, METABISULPHATE (may contain celery, egg, milk, mustard, soya)</small>	<b>Strawberries &amp; Delight</b>  <small>ALLERGENS: MILK, EGG, SOYA</small>
<b><u>DAY</u></b> <b>10</b>	Cheddars, Apple & Cheese Cube  <small>ALLERGENS: WHEAT, MILK, BARLEY(may contain - sesame)</small>	<b><u>Pork &amp; Mushroom Stroganoff with Rice &amp; Green Beans</u></b>  <small>INGREDIENTS: pork, red pepper, mushroom, onion, crème fraiche, rice, green beans ALLERGENS: MILK</small>	<b>Banana Split</b>  <small>ALLERGENS: MILK, WHEAT</small>	Pitta, Humus & Green Grapes  <small>ALLERGENS: WHEAT (may - egg, milk, soya)</small>	<b><u>Fishcake, Creamy Mash &amp; Peas</u></b>  <small>INGREDIENTS: as above ALLERGENS: FISH, MILK, WHEAT</small>	<b>Lemon Tart</b>  <small>ALLERGENS: EGG, MILK, SOYA, WHEAT (may contain - nuts)</small>
<b><u>DAY</u></b> <b>11</b>	Potato Cake, Cucumber & Red Grape  <small>ALLERGENS: WHEAT</small>	<b><u>Chicken Pie &amp; Root Veg Mash Red Cabbage, Peas &amp; Gravy</u></b>  <small>INGREDIENTS: chicken pie, carrot, swede, potato, red cabbage, peas, gravy ALLERGENS: WHEAT, MILK, SOY (may contain, nuts, gluten, celery, eggs, mustard )</small>	<b>Rhubarb Rice Pudding</b>  <small>ALLERGENS: MILK</small>	Rice Cake, Strawberry & Mange Tout  <small>ALLERGENS: NONE (may - soya)</small>	<b><u>Tagine, Cous Cous &amp; Pitta</u></b>  <small>INGREDIENTS: aubergine, peppers, courgettes, mushrooms, chickpeas, tagine pasta, tomatoes, sultanas, apricots ALLERGENS: WHEAT, METABISULPHATE</small>	<b>Fruit Cocktail</b>  <small>ALLERGENS: NONE</small>

### After School Club Snacks