

WINTER MENU 2019



Week 1	Breakfast 745- 845am	Lunch	2pm	Tea	Twilight Snack 530pm
Monday	A selection of healthy cereal (fortified and no-added sugar)	Apple, Carrot and Cucumber salad - Mushroom Stroganoff	Locally sourced Milk or Dairy Alternative	Lentil and Tomato Soup with Crusty Bread	A selection of homemade healthy snacks
Tuesday		Salmon and Spinach, topped with creamy mash - Mandarin Cheesecake		Roasted Tomato Herby Salsa with Cheesy Orzo	
Wednesday		Gnocchi with Pesto of Almonds and Cavolo Nero - Cheshire Apple Tray		Smoked Mackerel Pate with bread	
Thursday		Pork and Apple Stew with Parsley and Thyme Dumplings - Fresh Fruit		Skin on wedges served with Paprika Cheese Dip and vegetable sticks	
Friday		Apple Wheaten Bread - Chickpea Burgers with home-made Chips		Cheese and Tomato Tart	

Fresh drinking water is available at all times.

All dietary requirements are catered for with alternative meals provided. Please speak to a member of staff if you would like specific ingredients.

WINTER MENU 2019



Week 2	Breakfast 745- 845am	Lunch	2pm	Tea	Twilight Snack 530pm
Monday	A selection of healthy cereal (fortified and no-added sugar)	Pirate Pasta - Chocolate and Beetroot Brownie (Palm-oil free)	Locally sourced Milk or dairy alternative	Seasonal Quiche and Homemade Chips	A selection of healthy snacks
Tuesday		Vegetarian Linguine - Fresh Fruit		Cheese and Tomato Polenta Pizza - Spiced Apple Cake	
Wednesday		Seasonal Winter Vegetable Risotto - Baked Squash Cheesecake		Chana Dhal served with Naan Bread	
Thursday		Winter Root Wedges - Moroccan Chicken Tagine		Minestrone Soup with Crusty Bread	
Friday		Tarka Dhal Dip - Kidney Bean Curry		Salmon and Cream cheese Pate served with Crusty Bread and Vegetable Sticks	

Fresh drinking water is available at all times.

All dietary requirements are catered for with alternative meals provided. Please speak to a member of staff if you would like specific ingredients.

WINTER MENU 2019



Week 3	Breakfast 745- 845am	Lunch	2pm	Tea	Twilight Snack
Monday	A selection of healthy cereal (fortified and no-added sugar)	Chilli sin Carne served on a bed of Brown Rice - Fruity Custard	Locally sourced milk or dairy alternative	Parsnip Soup served with Crusty Bread	A selection of homemade healthy snacks
Tuesday		Mushroom and Cauliflower Penne baked in a mature cheese sauce - Pear upside-down cake		Chicken and Tarragon Frittata	
Wednesday		Hummus with Carrot sticks - Bulgar wheat, Broccoli and Salmon Pilaf		Eggy Bread	
Thursday		Cheese and Chive Muffin - Spinach and Ricotta Lasagne		Tuna and Cream cheese Pate, served with Crusty Bread and vegetables - Rice Pudding	
Friday		Parmesan and Herb Muffins - Tuna and Roasted Vegetable Pasta served in a creamy tomato sauce		Cheesy Bean Bake	

Fresh drinking Water is available at all times.

All dietary requirements are catered for with alternative meals provided. Please speak to a member of staff if you would like specific ingredients.