

Autumn and Winter Menu Week 1

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Vegetable pasta, cucumber sticks	Cottage pie, broccoli	Roast with vegetables, roast potatoes, gravy	Sweet and sour chicken with noodles and oriental vegetables	Fish pie with green beans
Veggie Option 	Vegetable pasta, cucumber sticks	Lentils pie and broccoli	Roast Quorn, roast potatoes, vegetables, gravy	Sweet and sour cauliflower with noodles and oriental vegetables	Vegetable pie, mash potatoes and peas
Pudding 	Fromage frais	Granola, honey, homemade natural yogurt	Melon and grapes platter	Homemade blueberry cake	Homemade rice pudding
Afternoon Snack 	Organic milk/water, breadsticks, raisins and cheese	Organic milk/water, hummus, peppers and carrots	Organic milk/water, soft cheese and crackers	Organic milk/water, rice cakes, butter and cucumber	Organic milk/water, oatcakes and carrots
Tea/Dinner 	Fish fingers (or vegetable fingers), green peas and carrots	Chicken cous-cous with vegetables	Pizza with a variety of toppings	Jacket potatoes with cheese, reduced salt and sugar baked beans	Ham and/or cheese rolls with cucumber slices
Pudding 	Fresh fruit or homemade organic yoghurt or dairy free yogurts				

Please note: Daily, our chef prepares all the food fresh in the setting. We review our menu on a seasonal basis. We cater to dietary needs and allergies wherever possible.



Autumn and Winter Menu Week 2

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, exotic fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Chickpea curry with rainbow vegetables and basmati rice	Spaghetti bolognaise and green beans	Roast with broccoli, roast potatoes, gravy	Pea, ham and mushroom pasta	Cod fillets with chips and peas
Veggie Option 	Chickpea curry with rainbow vegetables and basmati rice	Spaghetti red kidneys beans bolognaise and green beans	Quorn roast, roast potatoes, vegetables, gravy	Pea, leek and mushroom pasta	Vegetable fingers with chips and peas
Pudding 	Semolina	Granola, honey, homemade natural yogurt	Melon and orange platter	Homemade flapjack	Bananas with homemade custard
Afternoon Snack 	Organic milk/water, rice cakes, raisins	Organic milk/water, oatcakes and pears	Organic milk/water, carrots, cucumber, Tzatziki dipping	Organic milk/water, soft cheese and crackers	Organic milk/water, fruit loaf and spread
Tea/Dinner 	Homemade chunky veggie soup with crusty bread	Jacket potatoes with cheese and salad	Fish fingers and green peas	Mini Sausages with Yorkshires and gravy	Chicken wrap with mayo, lettuce, cucumber
Pudding 	Seasonal fruit platter or homemade organic yoghurt or dairy free yoghurt				

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Autumn and Winter Menu week 3

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, exotic fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Macaroni cheese with green beans	Chicken curry with lentils and couscous	Roast with broccoli, roast potatoes, gravy	Meatballs and rice with mix vegetables	Fish fillets, new potatoes and peas
Veggie Option 	Macaroni cheese with green beans	Curry with lentils and couscous	Quorn roast, roast potatoes, vegetables, gravy	Vegetable meatballs and rice with mix vegetables	Vegetable fingers, new potatoes and peas
Pudding 	Semolina	Cornflake golden syrup cake	Melon platter	Homemade apple crumble and custard	Mix berries with homemade yoghurt
Afternoon Snack 	Organic milk/water, rice cakes, hummus	Organic milk/water, cheese crackers, olives	Organic milk/water, breadsticks, raisins	Organic milk/water, cucumber and carrot sticks	Organic milk/water, fruit loaf and spread
Tea/Dinner 	Butternut squash soup with crusty bread	Jacket potatoes with cheese and cucumber sticks	Pizza with celery sticks	Scramble eggs, reduced salt and sugar beans, brown toast	Cheese wraps with mix salad
Pudding 	Seasonal Fruit Platter or homemade organic yoghurt or dairy free yoghurt				

Please note: Daily, our chef prepares all the food fresh in the setting. We review our menu on a seasonal basis. We cater to dietary needs and allergies wherever possible.

Autumn and Winter Menu

Week 4

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast	Seasonal fruits, cereals/ porridge wholemeal toast
Morning Snack 	Organic milk/water, seasonal fruit	Organic milk/water, exotic fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit	Organic milk/water, seasonal fruit
Lunch 	Chow mein noodles with oriental vegetables	Homemade chicken korma with rice	Sausages, mini Yorkshires and mixed vegetables with gravy	Lasagna and broccoli	Cod fillets, potatoes and peas
Veggie Option 	Chow mein noodles with oriental vegetables	Homemade vegetables korma with rice	Quorn sausages, mini Yorkshires and mixed vegetables with gravy	Vegetarian lasagna and broccoli	Vegetables cutlets, sweetcorn and peas
Pudding 	Fresh fruit platter	Homemade rice pudding	Granola, honey, homemade natural yogurt	Homemade shortbread	Homemade banana loaf
Afternoon Snack 	Organic milk/water, carrots, cucumber, hummus	Organic milk/water, cheese crackers, peppers	Organic milk/water, breadsticks, raisins, cheese	Organic milk/water, cucumber and carrot sticks	Organic milk/water, fruit loaf and spread
Tea/Dinner 	Jacket potatoes with tuna, mayonnaise and mixed salad	Leek and potato soup with crusty bread	Pizza with variety of toppings	Fish fingers with sweet potatoes chips	Ham and/or cheese sandwiches with cucumber
Pudding 	Seasonal fresh fruits or homemade organic yoghurt or dairy free yoghurts				

Please note: Daily, our chef prepares all the food fresh in the setting. We review our menu on a seasonal basis. We cater to dietary needs and allergies wherever possible. Please see below 14 ingredients that can cause allergies.



14 Allergens

<p>Peanuts</p>	<p>Nuts</p>	<p>Sesame seeds</p>	<p>Soya</p>	<p>Sulphur dioxide</p>	<p>Lupin</p>	<p>Mustard</p>
<p>Milk</p>	<p>Cereals containing gluten</p>	<p>Celery</p>	<p>Eggs</p>	<p>Molluscs</p>	<p>Crustaceans</p>	<p>Fish</p>

#14Allergens Food Standards Agency