

## Example of our Winter menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				
Selection of Cereals & Porridge served with Warm Milk Toast, Croissants, Muffins Fresh Fruit	Selection of Cereals & Porridge served with Warm Milk Toast, Croissants, Muffins Fresh Fruit	Selection of Cereals & Porridge served with Warm Milk Toast, Croissants, Muffins Fresh Fruit	Selection of Cereals & Porridge served with Warm Milk Toast, Croissants, Muffins Fresh Fruit	Selection of Cereals & Porridge served with Warm Milk Toast, Croissants, Muffins Fresh Fruit
Morning Snack				
Strawberry and banana smoothie	Fresh pear and apple segments	Apple and satsumas	Bananas and milk	Fruit salad
Lunch				
Cottage pie served with sweetcorn ~ Apple pie and warm custard	Chickpea and vegetable curry served with rice ~ Banana cake	Creamy fish pie with cheesy mash served with garden peas ~ Raspberry chocolate bread and butter pudding	Roast chicken, mashed sweet potato, winter veg and gravy ~ Rhubarb crumble with warm custard	Beef pasta Bolognese served with grated cheese ~ Healthy banana and choc chip cookies
Afternoon Snack				
Fruit platter	Yoghurt with honey and blueberries	Homemade red bell pepper houmous with breadsticks for dipping	Baked Mozzarella bites and tomato salsa	Homemade red lentil and sweet potato dip with fresh veggies for dipping
Tea				
Hearty winter warmer soup served with a warm bread roll ~ Fruit jelly	Salmon and broccoli bake ~ Warm rice pudding with sultanas	Turkey mince ragu in a herby tomato and vegetable sauce with pasta shells ~ Bananas and custard	Creamy macaroni cheese, garden peas and garlic bread ~ Fruit flapjack	Beef casserole served with polenta ~ Fruit selection