

Autumn/Winter Menu 2023

These brilliant meal plans are brought to life by our in-house Children's Chef using fresh ingredients which are to prepare breakfast, morning & afternoon snacks, and a 2-course hot lunch for each of our little ones.

So you can be sure they've got all the energy they need for a day full of adventures!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning snack	White bean & garlic dip with carrot batons	Rice cakes & salmon pate with cucumber sticks	Sour cream & chive dip with bread/pepper sticks	Tomato, bean & coriander dip with oatcakes	Buttery toast & sliced strawberries
Yummy 2 course hot lunch	Jacket potato with cheese & beans	Beef Lasagne with a side salad	Creamy chicken & pea stew with new potatoes	Chilli con carne & rice	Salmon & tomato pasta bake
Afternoon Tea	Toasted muffins with cherry tomatoes	Cream cheese bagels	Red leicester & cucumber wholemeal sandwich	Crumpets, carrot batons	Crackers with egg, cheese & tomatoes

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning snack	Whipped feta & pineapple dip with rice cakes	Roasted sweet potato hummus with breadsticks	Wholemeal toast and banana slices	Tomato & five bean dip with crackers	Tzatziki & oatcakes with cucumber sticks
Yummy 2 course hot lunch	Spinach & pea pasta	Cottage pie with peas & sliced potatoes	Chicken curry & cous cous	Pastry topped sweet potato, cheese & onion pie with sweetcorn	Jacket potato with cheese or tuna
Afternoon Tea	Pitta filled with chicken, sweetcorn and sourcream	Cheese & Tomato sandwich	Salmon pate and cucumber wraps	Crumpets served with eggs and pepper sticks	Muffins served with cheese sticks and cherry tomatoes

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning snack	Roasted cherry tomato & chive hummus with pitta & carrot batons	Cream cheese on rice cakes and raspberries	Wholemeal toast and bananas	Whipped feta & pineapple dip with rice cakes	Tomato, mango & bean salsa with oatcakes and cucumber
Yummy 2 course hot lunch	Macaroni cheese & peas	Roast chicken with cauliflower cheese, roast potatoes &	Red pepper & tomato pasta bake with a cheesy top	Mexican bean chilli in jacket potatoes	Spinach & lentil curry with rice
Afternoon Tea	Salmon pate & cucumber wrap	Crumpets served with egg & cherry tomatoes	Chicken and cream cheese filled pitta	Sourcream chive spread on wholemeal thins & baby sweetcorns	Garlic & herb cream cheese spread on bagels

Important Meal Information

Breakfast

We provide selected fortified, low sugar cereals with dairy or plant-based milk. Children will also be offered toast and fresh fruit along with a drink of water, dairy or plant-based milk.

Lunchtime Dessert

An option of greek yoghurt and variety of fruits will be offered Monday to Friday

Afternoon Tea

Tea will be served with fresh fruit Monday to Friday

Drinks at meal times

Meals are served with an option of water, plant based milk or cows milk



All of our meals and snacks include variations that cater for allergies, as well as dietary and cultural requirements. Vegan, vegetarian, dairy-free, gluten-free and more – it all looks and tastes great thanks to our fantastic team.