

## Winter Menu - Week One

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>  Choice of Cereal, breads, pancakes and fresh fruit  Milk or Water to Drink	<b>Breakfast</b>  Choice of Cereal, breads, pancakes and fresh fruit  Milk or Water to Drink	<b>Breakfast</b>  Choice of Cereal, breads, pancakes and fresh fruit  Milk or Water to Drink	<b>Breakfast</b>  Choice of Cereal, breads, pancakes and fresh fruit  Milk or Water to Drink	<b>Breakfast</b>  Choice of Cereal, breads, pancakes and fresh fruit  Milk or Water to Drink
<b>Morning Snack Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water	<b>Morning Snack Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water	<b>Morning Snack Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water	<b>Morning Snack Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water	<b>Morning Snack Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water
<b>Dinner</b>  <b>Quorn Beef Stew with dumplings</b>  <b>OR</b> Roasted Chicken with Roasted Carrots, Parsnips and Potatoes <b>Pudding</b> Fresh Fruit and Yoghurt  Water to Drink	<b>Dinner</b>  <b>Steak Stir Fry and Noodles</b>  <b>OR</b> Fisherman's Pie and Broccoli  <b>Pudding</b> Strawberry Tarts  Water to Drink	<b>Dinner</b>  <b>Quorn Sausages, Creamy Mash Potato and carrots</b>  <b>OR</b> Mediterranean Vegetable and Cheese bake  <b>Pudding</b> Banana Muffins  Water to Drink	<b>Dinner</b>  <b>Meatball Pasta Bake and Garlic Bread</b>  <b>OR</b> Shepard's pie with peas, and gravy  <b>Pudding</b> Raspberry Flapjack  Water to Drink	<b>Dinner</b>  <b>Chicken and Cauliflower Curry with rice, and Naan</b> <b>OR</b> Cauliflower and Broccoli Macaroni cheese with Lightly Coated Paprika Twists  <b>Pudding</b> Apple and Cranberry Crumble  Water to Drink

## Winter Menu - Week One

<b>Afternoon Snack</b> <b>Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water	<b>Afternoon Snack</b> <b>Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water	<b>Afternoon Snack</b> <b>Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water	<b>Afternoon Snack</b> <b>Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water	<b>Afternoon Snack</b> <b>Under 2's</b> Fresh Fruit Milk or Water to Drink <b>Over 2's</b> Rolling Snack with Fresh Fruit, and Milk or Water
<b>Tea</b>  Leek and Potato Soup, with Crusty Bread  <b>Pudding</b>  Fresh Fruit and Yoghurt  Water to Drink	<b>Tea</b>  Bagels with Ham, Cheese Spread and Tomatoes  <b>Pudding</b>  Fresh Fruit and Yoghurt  Water to Drink	<b>Tea</b>  Chicken Ceaser Wraps, with Crisps  <b>Pudding</b>  Fresh Fruit and Yoghurt  Water to Drink	<b>Tea</b>  Melted Cheese Panini's and carrot sticks  <b>Pudding</b>  Fresh Fruit and Yoghurt  Water to Drink	<b>Tea</b>  Beans and Toast  <b>Pudding</b>  Fresh Fruit and Yoghurt  Water to Drink

**Please make sure all items and ingredients needed are put on the shopping list the week before.**

**The shopping list must be completed by Wednesday evening at the latest for the following week.**

**Please remind staff that they must put their cooking ingredients on the shopping list for the following week.**