

# Winter Menu Week 1

	Breakfast	Lunch	Dairy Free Lunch	Vegetarian Lunch	Snack (Suitable for vegetarians and Dairy free)
Monday	<b>Cornflakes &amp; Bananas</b> (Oat milk for dairy free, and milk for non-dairy) (Allergens-Milk, Barley)	<b>Vegetable Dhansak &amp; Brown Rice</b> (Green beans, sweet potatoes, cauliflower, tomatoes, red lentils) (Allergens-Lentils)	<b>Vegetable Dhansak &amp; Brown Rice</b> (Green beans, sweet potatoes, cauliflower, tomatoes, red lentils) (Allergens-Lentils)	<b>Vegetable Dhansak &amp; Brown Rice</b> (Green beans, sweet potatoes, cauliflower, tomatoes, red lentils) (Allergens-Lentils)	<b>Fruit Salad &amp; Bourbon Biscuit</b> (Apples, raisins, oranges) (Allergens-Wheat Flour)
		<b>Oaty Pear Muffin</b> (Pear, flour, sugar, egg, DF Margarine) (Allergens-Eggs, Oat, Wheat)			
Tuesday	<b>Alpro Yoghurt with Chopped Berries</b> (Allergens-Soya)	<b>Savory Beef Noodles</b> (Wholewheat noodles, beef, veg stock, broccoli) (Allergens-Beef, Wheat)	<b>Savory Beef Noodles</b> (Wholewheat noodles, beef, veg stock, broccoli) (Allergens-Beef, Wheat)	<b>Savory Quorn Noodles</b> (Wholewheat noodles, quorn, veg stock, broccoli) (Allergens-Egg, Barley, Wheat)	<b>Crackers, Chopped grapes &amp; Peaches</b> (Allergens-Wheat)
		<b>Coconut &amp; Raspberry Sponge</b> (Flour, Egg, DF Margarine, sugar) (Allergens-Sulphur Dioxide, Wheat, Eggs)			
Wednesday	<b>Toast, Jam &amp; Strawberries</b> (Allergens-Barley & Wheat)	<b>Creamy Ocean Fish Pie</b> (Fish, potato, cauliflower, grated cheese sauce, milk, carrots) (Allergen-Fish, Cheese, Milk, Wheat)	<b>Creamy Ocean Vegetable Pie</b> (Potato, cauliflower, DF grated cheese sauce, oat milk, carrots) (Allergens-Cheese, Milk, Wheat)	<b>Creamy Ocean Vegetable Pie</b> (Potato, cauliflower, DF grated cheese sauce, oat milk, carrots) (Allergens-Cheese, Milk, Wheat)	<b>Wholemeal thins with Tomato's &amp; Cucumber &amp; Tortilla Chips</b> (Allergens-Wheat Flour, Soya, Barley)
		<b>Sprinkle Sponge</b> (DF Margarine, eggs, flour, sugar) (Allergens-Eggs, Milk, Wheat)			
Thursday	<b>Croissant &amp; Raisins</b> (Allergens, Wheat Flour, Milk, Wheat Gluten)	<b>Turkey Mince Pie</b> (Turkey, potatoes, onions peas, carrots) (No allergens)	<b>Turkey Mince Pie</b> (Turkey, potatoes, onions peas, carrots) (No allergens)	<b>Quorn Mince Pie</b> (Quorn Beef, potatoes, onions peas, carrots) (No allergens)	<b>Rice Cakes &amp; Jam &amp; Raisins</b> (No allergens)
		<b>Alpro Yogurt &amp; Mixed Fruit</b> (Grapes, apple, pineapple, strawberry) (No allergens)			
Friday	<b>Wholemeal Seeded Bread &amp; Apple Chunks</b> (Allergens-Barley, Wheat)	<b>Chicken Pasta Bake</b> (Chicken, pasta, garlic, milk, flour, sweetcorn) (Allergens-Wheat, Milk, Soft Cheese)	<b>Chicken Pasta Bake</b> (Chicken, pasta, garlic, sweetcorn) (Allergens-Wheat, Oat Milk, Dairy Free Cheese)	<b>Quorn Pasta Bake</b> (Quorn chicken, pasta, garlic, sweetcorn, milk, flour) (Allergen-Wheat, Milk, Soft Cheese)	<b>Flap Jack &amp; Melon</b> (Oats, Dairy Free margarine, golden

If a child doesn't eat the lunch provided, they will be offered an alternative of a full piece of toast and a full piece of fruit.

# Winter Menu Week 2

	Breakfast	Lunch	Dairy Free Lunch	Vegetarian Lunch	Snack
Monday	<b>Wholemeal Toast and Satsumas</b> (Allergens-Barley & Wheat)	<b>Sausage Casserole</b> (Courgette, peppers, onions, sausages, aubergeine, chopped tomatoes, gravy) (Allergens-Soya, Barley, Wheat Flour)	<b>Sausage Casserole</b> (Courgette, peppers, onions, sausages, aubergeine, chopped tomatoes, gravy) (Allergens-Soya, Barley, Wheat Flour)	<b>Vegetarian Sausage Casserole</b> (Courgette, peppers, onions, quorn sausages, aubergeine, chopped tomatoes, gravy) (Allergens-Soya)	<b>Buttered Crackers with Sliced Cucumbers</b> (Allergens-Wheat Flour)
		<b>Chocolate Sponge Cake</b> (Eggs, dairy free butter, flour, coco powder) (Allergens-Wheat, Egg)			
Tuesday	<b>Multigrain Hoops &amp; Milk</b> (Oat milk for dairy free) (Allergens- Wheat Flour, Barley)	<b>Vegetable Fruity Curry with Rice &amp; Naan Bread</b> (Courgette, onion, garlic, curry powder, coconut milk, apple, chopped tomato, aubergine, rice) (Allergens-Wheat Flour)	<b>Vegetable Fruity Curry with Rice &amp; Naan Bread</b> (Courgette, onion, garlic, curry powder, coconut milk, apple, chopped tomato, aubergine, rice) (Allergens-Wheat Flour)	<b>Vegetable Fruity Curry with Rice &amp; Naan Bread</b> (Courgette, onion, garlic, curry powder, coconut milk, apple, shopped tomato, aubergine, rice) (Allergens-Wheat Flour)	<b>Chopped Cinnamon Apple with Yoghurt</b> Chopped Apple (Allergens-Milk)
		<b>Sprinkle Fairy Cake</b> (Eggs, Dairy Free butter, Flour) (Allergens-Wheat, Eggs)			
Wednesday	<b>Sunflower &amp; Pumpkin Seed Toast &amp; Bananas</b> (Allergens-Wheat, Soya, Oat, Barley)	<b>Chilli Con Carne with Rice &amp; Tortilla Chips</b> (Minced beef, chopped tomatoes, onions, carrots, chilli powder, red kidney beans) (Allergens-No allergens)	<b>Chilli Con Carne with Rice &amp; Tortilla Chips</b> (Minced beef, chopped tomatoes, onions, carrots, chilli powder, red kidney beans) (Allergens-No allergens)	<b>Quorn Mince Con Carne with Rice &amp; Tortilla Chips</b> (Quorn mince chopped tomatoes, onions, carrots, chilli powder, red kidney beans) (Allergens-no allergens)	<b>Multigrain Hoop Cereal mixed with raisins</b> (Allergens-Wheat, Flour, Barley)
		<b>Jelly</b> (Allergens-No allergens)		<b>Vegetarian Jelly</b> (Allergens-no allergens)	
Thursday	<b>Oaty Banana Bread</b> (Allergens-Oats)	<b>Macaroni Cheese &amp; Garlic Bread</b> (Pasta, White Sauce, Milk, Cheese, Cornflour, Peas) (Allergens-Durum Wheat Semolina, Milk, Wheat Flour)	<b>DF Macaroni Cheese &amp; Garlic Bread</b> (Pasta, White Sauce, Oat Milk, Dairy free Cheese, Cornflour, Peas) (Allergens-Durum Wheat Semolina, Milk, Wheat Flour)	<b>Macaroni Cheese &amp; Garlic Bread</b> (Pasta, White Sauce, Milk, Cheese, Cornflour, Peas) (Allergens-Durum Wheat Semolina, Milk, Wheat Flour)	<b>Pain Au Chocolat</b> (Allergens-Wheat Flour, Soya, Wheat Gluten, Milk)
		<b>Coconut Sponge</b> (Eggs, Flour, Dairy free butter, desiccated coconut) (Allergens-Flour, Wheat)			
Friday	<b>Sesame Bagels &amp; Melon</b> (Allergens-Wheat Flour, Sesame Seeds, Barley Flour)	<b>Fish Stew</b> (Leeks, cauliflour, fish, carrot, green beans, potato, milk, dairy free butter, cornflour, cheese) (Allergens-Milk)	<b>Fish Stew</b> (Leeks, cauliflour, fish, carrot, green beans, potato, oat milk, dairy free butter, cornflour, cheese) (Allergens-Oats)	<b>Vegetable Stew</b> (Leeks, cauliflour, carrot, green beans, potato, milk, dairy free butter, cornflour, cheese) (Allergens-Milk)	<b>Grapes &amp; Digestive Biscuit</b> (Allergens-Wheat Flour)

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