



OUR FUEL FOR LEARNING – WINTER MENU

We do not add salt into any of our dishes, however sometimes there may be salt already in ingredients such as cheese, stock cubes & tomato puree.

We do not add any refined sugar to any of our deserts and when it's needed for taste, we use natural fruits to sweeten them!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Tuna & Cheese Quiche Baked Potato & Home-made Beans Spiced Apples & Milk Custard	Extra Veggies & Beef Spaghetti Bolognese (Courgette, Carrots & Peppers) With Sweetcorn & Steamed Broccoli Organic Little Yeo Yoghurts	Salmon, Cod & Spinach Potato Pie w/ Peas & Steamed Carrots Carrot Cake Rice Pudding	Curry (chicken, spinach, cauliflower & coconut curry) with Carrots and Rice Melon slices	Vegan Dragon Lentil Pie (Carrots & Courgettes) with Green Beans & Peas Sliced Banana & Milk Custard
Week 2	Baked Mushroomy Pasta with Mixed Veg & Carrots Peaches & Greek Yoghurt	Sweet Potato & Lamb Shepherd's Pie Steamed Broccoli & Green Beans Apple crumble with Custard	Apricot & Bean Chicken Tagine w/ Steamed Carrots & Sweetcorn Rice Banana, Blueberry & Oat Muffins & Milk Custard	Beetroot & Chickpea Turkey Burgers, Potato Wedges, Sweetcorn & Homemade Baked Beans Organic Little Yeo Yoghurts	Tuna Potato Pie with Sweetcorn & Peas Vegan Coco Bites & Milk Custard
Week 3	Cheese & Broccoli Quiche, Baked Potato or new potatoes Homemade Baked Beans Steamed Peas & Sweetcorn Peach Shortcake & Milk Custard	Salmon & Broccoli Pasta Bake w/ Sweetcorn & Steamed Carrots Slices of Melon	Nourishing Liver Sweet Potato Mash, Cabbage, Steamed Carrots & Vegetable Gravy Organic Little Yeo Yoghurts	Slow Roasted Chicken, Rosemary Potatoes, Broccoli & Cauliflower Cheese & Steamed Carrots Sliced Banana & Milk Custard	Mac and cheese made with kale and cauliflower and a side of Mixed Vegetables Coconut & Raspberry Oat Bites & Milk Custard
Week 4	Fish Fingers Paprika Chunky Wedges, Homemade Baked Beans & Sweetcorn Prunes & Milk Custard	Turkey & Fennel Pasta Bake with Broccoli & Carrots Winter Berry Crumble & Milk Custard	Cauliflower & Apricot Lentil Dahl Roast Potatoes, Peas Cucumber & Natural Yoghurt (Veggie) Milky Cinnamon Rice Bowl	Lasagne with Extra Veggies (courgettes & Carrots) w/ Sweetcorn & Broccoli Organic Little Yeo Yoghurts	Thai Curry (Sweet Potato & Butternut Squash) with Sweetcorn, Carrots & Rice Baked Pears & Cinnamon With Greek Yoghurt