

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