

## Menu 2016/2017 Autumn / Winter - Week One

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit
<b>Main Course</b>	Spiced root and lentil casserole	Fish and vegetable crumble	Lamb hotpot	Creamy salmon and tomato wholemeal pasta	Chicken, lemon and pea risotto
<b>Side Dish</b>	Naan bread and yoghurt dip	Green vegetables	Mixed vegetables	Broccoli and spinach	Roasted courgette and peppers
<b>Dessert</b>	Fresh Fruit	Semolina with banana and cinnamon	Carrot cake	Stewed fruit and custard	Natural yoghurt with berries and shortbread crunch
<b>Tea</b>	Wholemeal ham and egg savoury wraps	Ham and pea soup with ciabatta	Herby pilchard pasta	Bacon and cheese potato boats with salad	Red onion, pepper, egg and cheese tartlets
<b>Dessert</b>	Cherry and pineapple cake	Pear and Satsuma	Fromage frais with fruit sticks	Orange and plum	Kiwi and watermelon

**Allergen information is available in the kitchen. Please speak to a member of staff for further information**

## Menu 2016/2017 Autumn / Winter - Week Two

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<b>Breakfast</b>	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit
<b>Main Course</b>	Tuna and cheese pasta bake	Beef and butternut stew	Sardine bolognese	Shepherds pie	Vegetable and lentil lasagne
<b>Side Dish</b>	Broccoli and spinach	Parsnip and potato mash with green veg	Sweetcorn, broccoli and grated carrot	Cauliflower and green beans	Salad
<b>Dessert</b>	Fresh fruit salad	Yoghurt, honey and banana	Apple and sultana oat muffins	Rice pudding with apricots and dried cranberries	Stewed apple and rhubarb with custard
<b>Tea</b>	Chicken, sweetcorn and potato salad	Scrambled egg and cherry tomatoes with bagels	Homemade Hawaiian pizza rounds with ham	Lentil soup with French bread	Ham and cheese wholemeal sandwiches
<b>Dessert</b>	Homemade Victoria sponge decorated with fruit	Pineapple and grapes	Variety of melon wedges with yoghurt dip	Apple, berries and homemade shortbread	Pear, banana and papaya

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## Menu 2016/2017 Autumn / Winter - Week Three

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit
<b>Main Course</b>	Moussaka	Mixed bean and root vegetable stew	Salmon fish pie	Roast chicken with gravy	Fish curry
<b>Side Dish</b>	Mixed green vegetables	Apricot and herb couscous	Carrots, peas and babycorn	Roast potatoes, red cabbage and green beans	Brown rice and tomato and coriander salad
<b>Dessert</b>	Yoghurt with dates and prunes	Cocoa and beetroot cake with cocoa custard	Fresh fruit cocktail	Semolina with blackberry compote	Warm fruit with vanilla sauce
<b>Tea</b>	Chicken wraps and salad sticks	Ham and cheese toasted pitta with salad	Mushroom, courgette and tomato quiche	Wholemeal tuna and cucumber sandwiches	Leek, potato and butterbean soup with a wholemeal roll
<b>Dessert</b>	Banana and raisin flapjack	Kiwi and orange	Natural yoghurt with peach sprinkled with cornflakes	Mango, blueberries and pineapple	Homemade biscuit and fruit and milk smoothie

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## Menu 2016/2017 Autumn / Winter - Week Four

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<b>Breakfast</b>	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit	Breakfast buffet: A selection of wholegrain cereal with milk / yoghurt, wholegrain and white toast with butter or spread, and a variety of toppings and fruit
<b>Main Course</b>	Mixed fish puff pastry tart	Chicken noodles	Bean chilli	Pork and apple casserole	Fish pie with sweet potato topping
<b>Side Dish</b>	Peas and grated carrot	Stir fry vegetables with beansprouts	Wholemeal savoury rice with vegetables	Roast potatoes and cabbage	Carrots, broccoli and cauliflower
<b>Dessert</b>	Fruit crumble and custard	Selection of mixed yoghurts	Homemade upside down cheesecake	Fresh fruit cocktail	Rice pudding with apple and raisin
<b>Tea</b>	Bacon, cheese and olive muffins	Jacket potato with cheese and tomatoes	Chicken and sweetcorn soup with french bread	Mixed bean pasta salad	Egg and cress wholemeal sandwich
<b>Dessert</b>	Pear slices with pineapple	Lemon and blueberry muffins	Fruit and yoghurt dip	Date and cherry slice	Banana and grapes

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