

# Winter Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals or wholemeal toast Croissant <b>Wheat , milk</b>	Selection of cereals or wholemeal toast <b>Wheat</b>	Selection of cereals or wholemeal toast brioche <b>Wheat, milk egg</b>	Selection of cereals or wholemeal crumpets <b>wheat</b>	Selection of cereals, or wholemeal toast Pancake <b>Wheat, egg , milk</b>
<b>Mid-morning snack</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Lunch</b>	Mac and cheese with garlic bread and sweetcorn <b>Gluten, milk</b>  Blueberry tray bake <b>Gluten , egg</b>	Fish fingers with mash potatoes and baked beans <b>Wheat , fish</b>  Fruity yoghurt <b>Milk</b>	Katsu chicken curry with rice, peas and naan bread <b>Gluten</b>  Fruity jelly	Toad in the hole with mash potato and mixed veg <b>Gluten , milk, egg</b>  Apple and pear crumble <b>gluten</b>	Spaghetti Bolognese with carrots <b>Wheat</b>  Strawberry mousse <b>milk</b>
<b>Vegetarian Lunch</b>	As above	As above	Quorn pieces	Vegetarian sausages	Quorn mince
<b>Mid afternoon snack</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
<b>Tea</b>	Jacket potato with cheese, beans and tuna Veggie sticks <b>Milk ,fish</b>  Greek style yoghurt <b>milk</b>	Toasted sandwiches with veggie sticks <b>Wheat, milk</b>  melon	Tuna and sweetcorn pasta bake <b>Gluten ,milk ,fish</b>  Scones <b>Wheat, milk, egg</b>	Selection of meats with bread and butter Veggie sticks <b>Wheat milk</b> Fresh fruit and custard <b>milk</b>	Crumpets with cream cheese, Cucumber and pepper sticks <b>Wheat, milk</b>
<b>Vegetarian Tea</b>	As above	As above	As above	Quorn meats	As above
<b>Drinks</b>	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water

**Allergies** – all allergies & dietary requirements are catered for. Dairy, wheat & gluten alternatives will be incorporated within this menu.

**Meat** – all meat is sourced locally from burtons butchers.

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**Tiny ones/weaning** – we can puree our meals for the youngest and also adapt for the young ones by making vegetable purees etc.

All puddings will be made with reduced sugar or are sugar free. Fruit can always be offered as a pudding alternative.