

Updated Winter Menu (Rotational 1)

T=Tomatoes S=soya E=Egg G=Gluten D=Dairy F=Fish C=Celery W=Wheat B=Barley O=Oat CC=Cereal containing gluten CT=Crustaceans L=Lupin M=Mollusc M= Mustard N= Nuts

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Breakfast	Ready Brek & Milk, Toast, Yoghurt, or fruit D O W	Weetabix & Milk, Pancakes, Fruit Puree D O W	Cornflakes & Milk, Toast, Banana D O W	Weetabix & Milk, Pancakes, Yoghurt DOEWB	Rice Krispies & Milk, Toast, Fruit Puree D O E W B
Snack	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants DOEWB	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants DOEWB	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants DOEWB	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants DOEWB	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants D O E W B
Lunch	Spaghetti Bolognese with cheese and vegetable sticks D T Fruit and yogurt	Thai Chicken Curry with rice and vegetable sticks Fruit and yogurt D	Salmon/ Cod/ Sweet potato fries and green beans. D F Fruit and yogurt	Shepherd's Pie with vegetables D T Fruit and yogurt D F	Homemade turkey meatballs with mashed potato and vegetables D T E Fruit and yogurt D

(Some of) (Some of) Fruit, Fruit, Biscuits, (Some of) Fruit, Biscuits, Organix Organix Biscuits, Organix Goodies/Finger Goodies/ Goodies/Finger food, Rice cakes, Snack

Croissants

DOEWB

Crustless

quiche/

Vegetable

couscous

D_T

Fruit

Supper

Finger food,

Rice cakes,

Croissants

DOEWB

Jacket potato

with beans

and cheese

D

Fruit

food, Rice cakes,

Croissants

DOEWB

Chicken stew

with rice and

broccoli

Fruit

P= Peanuts SS= Sesame seeds SD = Sulphur Dioxide Children with any dietary restrictions have meals prepared according to their needs Wednesday Tuesday Thursday Friday

(Some of)

Fruit, Biscuits,

Organix

Goodies/

Finger food,

Rice cakes,

Croissants

DOEWB

Vegetable

soup with

bread

W T

Fruit

(Some of) Fruit,

Biscuits, Organix

Goodies/Finger

food, Rice cakes,

Croissants

DOEWB

Selection of

veggie

sandwiches/ Egg

omelette

DTWE

Fruit

Monday



Updated Winter Menu (Rotational 2)

T=Tomatoes S=soya E=Egg G=Gluten D=Dairy F=Fish C=Celery W=Wheat B=Barley O=Oat CC=Cereal containing gluten

CT=Crustaceans L=Lupin M=Mollusc M= Mustard N= Nuts P= Peanuts SS= Sesame seeds SD = Sulphur Dioxide

Children with any dietary restrictions have meals prepared according to their needs

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ready Brek & Milk, Toast, Yoghurt, or fruit D O W	Weetabix & Milk, Pancakes, Fruit Puree D O W	Cornflakes & Milk, Toast, Banana D O W	Weetabix & Milk, Pancakes, Yoghurt DOEWB	Rice Krispie Milk, Toas Fruit Pure D O E W
	(Some of) Fruit,	(Some of) Fruit, Biscuits,	(Some of) Fruit,	(Some of) Fruit,	(Some of

Snack Lunch

Snack

Supper

Roast chicken with roast potatoes and vegetables Fruit with yogurt D (Some of) Fruit, Biscuits, Organix Goodies/Finger food, Rice cakes,

Croissants

DOEWB

Tomato/pesto

pasta with

cheese and

salad

DTE

Fruit

gravy and Mediterranean vegetables Fruit with yogurt D (Some of) Fruit, Biscuits, Organix Goodies/

Finger food,

Rice cakes,

Croissants

DOEWB

Crustless

quiche and

vegetable

sticks

DTE

Fruit

Fish pie with vegetables F D Fruit with yogurt D

food, Rice

cakes,

Croissants

DOEWB

Vegetable

couscous/

Omelette

Ε

Fruit

Fruit with yogurt (Some of) Fruit, Biscuits, Organix Goodies/Finger

(Some of) Fruit, Biscuits, Organix Goodies/Finger food, Rice cakes, Croissants DOEWB

Vegetable soup

with bread

G

Fruit

Bolognese with

cheese

D_T

DTE

Biscuits, Organix Biscuits, Organix Organix Goodies/Finger Goodies/Finger Goodies/ food, Rice food, Rice cakes, cakes. Croissants Croissants DOEWB DOEWB Vegetarian sausages with Spaghetti

Homemade turkey meatballs with mashed potato and vegetables Fruit with

(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants DOEWB

Biscuits, Organix Organix Goodies/Finger Goodies/ food, Rice cakes, Finger food, Croissants Rice cakes. DOEWB Croissants DOEWB

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> Finger food, Rice cakes. Croissants DOEWB

yogurt

Jacket potato

with beans

and cheese

Fruit