



# 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**

**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
<b>Breakfast</b>	Ready Brek & Milk, Toast, Yoghurt, or fruit <b>D O W</b>	Weetabix & Milk, Pancakes, Fruit Puree <b>D O W</b>	Cornflakes & Milk, Toast, Banana <b>D O W</b>	Weetabix & Milk, Pancakes, Yoghurt <b>D O E W B</b>	Rice Krispies & Milk, Toast, Fruit Puree <b>D O E W B</b>
<b>Snack</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>
<b>Lunch</b>	Spaghetti Bolognese with cheese and vegetable sticks <b>D T</b> Fruit and yogurt <b>D</b>	Thai Chicken Curry with rice and vegetable sticks Fruit and yogurt <b>D</b>	Salmon/ Cod/ Sweet potato fries and green beans. <b>D F</b> Fruit and yogurt <b>D</b>	Shepherd's Pie with vegetables <b>D T</b> Fruit and yogurt <b>D F</b>	Homemade turkey meatballs with mashed potato and vegetables <b>D T E</b> Fruit and yogurt <b>D</b>
<b>Snack</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>
<b>Supper</b>	Crustless quiche/ Vegetable couscous <b>D T</b> Fruit	Jacket potato with beans and cheese <b>D</b> Fruit	Chicken stew with rice and broccoli Fruit	Selection of veggie sandwiches/ Egg omelette <b>D T W E</b> Fruit	Vegetable soup with bread <b>W T</b> Fruit



# 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
<b>Breakfast</b>	Ready Brek & Milk, Toast, Yoghurt, or fruit <b>D O W</b>	Weetabix & Milk, Pancakes, Fruit Puree <b>D O W</b>	Cornflakes & Milk, Toast, Banana <b>D O W</b>	Weetabix & Milk, Pancakes, Yoghurt <b>D O E W B</b>	Rice Krispies & Milk, Toast, Fruit Puree <b>D O E W B</b>
<b>Snack</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>
<b>Lunch</b>	Roast chicken with roast potatoes and vegetables Fruit with yogurt <b>D</b>	Vegetarian sausages with gravy and Mediterranean vegetables <b>E</b> Fruit with yogurt <b>D</b>	Fish pie with vegetables <b>F D</b> Fruit with yogurt <b>D</b>	Spaghetti Bolognese with cheese <b>D T</b> Fruit with yogurt <b>D</b>	Homemade turkey meatballs with mashed potato and vegetables <b>D T E</b> Fruit with yogurt <b>D</b>
<b>Snack</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ Finger food, Rice cakes, Croissants <b>D O E W B</b>
<b>Supper</b>	Tomato/pesto pasta with cheese and salad <b>D T E</b> Fruit	Crustless quiche and vegetable sticks <b>D T E</b> Fruit	Vegetable couscous/ Omelette <b>E</b> Fruit	Vegetable soup with bread <b>G</b> Fruit	Jacket potato with beans and cheese <b>D</b> Fruit