

Winter Menu

	SNACK 10am	Lunch	SNACK 2pm	Hi-Tea
Day 1	Milk or water Rice cake	Spanish Chicken with rice V Spanish tofu with rice pudding: Fromage Frais Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Wholemeal sandwiches filled with cheese, jam or ham served with a selection of salad pudding: chocolate chip muffin Drink: Water <i>2 of your 5 a day</i>
Day 2	Milk or water Apple	Tuna pasta bake V vegetable pasta bake pudding: Cornflake cake Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Homemade pizza and carrot sticks pudding: Selection of Fresh Fruit Drink: Water <i>2 of your 5 a day</i>
Day 3	Milk or water Breadsticks <i>1 of your 5 a day</i>	Beef chili with rice and nachos V Quorn chili pudding: Fromage Frais Drink: Water <i>1 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Jacket potato with cheese and salad pudding: banana Drink: Water <i>3 of your 5 a day</i>
Day 4	Milk or water Raisins	Sausage, new potatoes, carrots, peas and gravy V Quorn sausage pudding: Fromage Frais Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Homemade vegetable soup with crusty wholemeal roll pudding: shortbread Drink: Water <i>3 of your 5 a day</i>
Day 5	Milk or water Hummus and breadsticks	Winter warmer vegetable hotpot pudding: Chocolate sponge and custard Drink: Water <i>3 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Pepperoni pastry slices V Cheese pastry slices pudding: Orange segments Drink: Water
Day 6	Milk or water Rice cakes	Noahs fish pie and peas V Vegetable pie pudding: Apple slices Drink: Water <i>1 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Maccaroni cheese and tomato slices pudding: Cake Drink: Water <i>3 of your 5 a day</i>
Day 7	Milk or water Biscuits <i>1 of your 5 a day</i>	Beef Stew V Vegetable stew pudding: Fromage frais Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Wholemeal sandwiches filled with jam, cheese and ham served with cheese chunks and cucumber pudding: Satsuma Drink: Water <i>1 of your 5 a day</i>
Day 8	Milk or water Rice cakes <i>1 of your 5 a day</i>	Bolognaise pasta bake V Vegetable bolognaise Pasta bake pudding: Frubes Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	100% pork hotdogs V Quorn sausages pudding: Oranges Drink: Water <i>1 of your 5 a day</i>
Day 9	Milk or water Blueberries	Pork and apple casserole with rice V Tofu and apple casserole with rice pudding: Homemade oat flapjacks Drink: Water <i>3 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Beans on toast pudding: Fruit Drink: Water
Day 10	Milk or water Raisins	Vegetable pasta and garlic bread pudding: Lemon sponge Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Tuna & salad wraps V Quorn & salad wraps pudding: Oranges Water <i>2 of your 5 a day</i>
Day 11	Milk or water Cheese and crackers <i>1 of your 5 a day</i>	Chicken Korma with boiled rice with mango chutney and popadoms V Vegetable curry with rice pudding: Fresh fruit platter Drink: Water <i>2 of your 5 a day</i>	Milk or water Fresh fruit <i>1 of your 5 a day</i>	Tomato and herb pasta pudding: Chocolate brownie Drink: Water