



# AUTUMN/WINTER MENU 2024-2025



## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> 20%	Cereals or toast served with milk or water Allergens: M, C	Cereals or toast served with milk or water Allergens: M, C	Cereals or toast served with milk or water Allergens: M, C	Cereals or toast served with milk or water Allergens: M, C	Cereals or toast served with milk or water Allergens: M, C
<b>Snack</b> 10%	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
<b>Lunch</b> 30%	African sweet potato and bean stew with white rice  Allergens: C, S	Chicken hotpot and vegetables <b>V: Quorn</b> Allergens: C, S	Chickpea and spinach curry with new potatoes  Allergens: C	Steamed cod in tomato and mixed pepper sauce with cous cous Allergens: F, S	Tomato and herb vegetable pasta bake  <i>Allergens: W, G, C</i>
<b>Dessert</b>	Apple and rhubarb crumble and custard  Allergens: C, S, M	Sugar free sponge cake  Allergens: W, E	Greek yogurt & peach compote  Allergens: M	Fruit	Sugar free rice pudding and raisins  Allergens: M
<b>Snack</b> 10%	Breadsticks with raisins  Allergens: W, G	Cheese sticks and tomatoes Allergens: M	Vegetable sticks with houmous Allergens:	Breadsticks and apple  Allergens: W, G	Rice cakes and cream cheese Allergens: W, G, M
<b>Tea</b> 20%	Butternut squash and lentil soup, served with bread  <i>Same as above (6 – 12 months)</i> Allergens: W, G, C	Beans on toast <i>Allergens: S, G, W</i>  <i>Potato and baked beans (6 -12 months)</i> Allergens:	Scrambled eggs on toast with tomatoes <i>Allergens: E, M, W, S</i> <i>Carrots and cauliflower (-12 months)</i> Allergens:	Selection of sandwiches <i>Allergens: W, M, S, G</i>  <i>Vegetable bake (6-12 months)</i> Allergens:	Leek and potato soup with garlic bread <i>Same as above (6-12 months)</i>  <i>Allergens: M, W, G, S</i>



**ALLERGENS**