


















Week 4 – Winter

Contains

MON	<p>Beef stew with dumplings <i>Vegetable stew with dumplings</i></p> <p>Yoghurt and stewed apple</p> <p>Snack: Tuna sandwiches and egg & cress sandwiches</p>	       
TUES	<p>Vegetable and lentil soup with crusty bread</p> <p>Pear and Ginger Bake</p> <p>Snack: Nature Tea – a selection of pieces of cheese and ham and batons of vegetables such as carrots and celery, with homemade vegetable crisps.</p>	      
WED	<p>Vegetable korma with rice</p> <p>Apple and pear crumble tart with custard</p> <p>Snack: Hummus and crudites</p>	   
THURS	<p>Tuna and broccoli bake</p> <p>Rice pudding</p> <p>Snack: Pizza fingers</p>	     
FRI	<p>Chilli con carne with rice <i>Quorn mince chilli with rice</i></p> <p>Fruit platter</p> <p>Snack: Cheese straws and salsa dip</p>	  

- ❖ Salads will vary between potato/rice/pasta, coleslaw or grated carrot
- ❖ Fruit and vegetables may change to reflect what is in season
- ❖ Vegetarian meals listed in green

NB: Our menus are prepared with reference to the Action for Children Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings in England published in 2017 and other government guidance.

