


























## Week 1 – Winter

## Contains

MON	<p>Sweet potato, spinach and chickpea curry with rice and naan bread</p> <p>Poached seasonal fruit with vanilla sauce</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>	   
TUES	<p>Roast chicken (<b>Quorn fillets</b>), roast potatoes and root vegetables</p> <p>Bananas and yoghurt</p> <p>Snack: Cheese, crackers, and carrot sticks</p>	  
WED	<p>Leek and potato soup with crusty bread</p> <p>Pineapple upside-down sponge</p> <p>Snack: Fruit scones</p>	      
THURS	<p>Vegetable pasta bake</p> <p>Stewed apples with custard</p> <p>Snack: Fruit muffins</p>	       
FRI	<p>Cottage pie and peas <b>Quorn mince cottage pie</b></p> <p>Apple and berry crumble with cream</p> <p>Snack: Tuna sandwiches &amp; egg sandwiches</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

