

Winter Menu
December, January and February

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice cake and carrot batons/grated	Bread stick and sliced pears	Oat cake and apple slices	Multigrain cracker and orange segments	Buttered crackers and chopped grapes
Main	Tuna pasta bake in a cheesy white sauce, salad and garlic bread	Shepherds Pie with green beans and carrots	Moroccan chickpea and vegetable tagine with couscous	Turkey, spinach and vegetable curry with naan bread and rice	Pork and leek casserole with roast potatoes and green beans
Dessert	Winter spiced fruit salad with evaporated milk	Cinnamon stewed apple and plums with vanilla sauce	Rhubarb crumble with custard	Semolina and fruit coulis	Fruit yogurt
Afternoon snack	Multigrain cracker with orange segments	Cracker with cheese spread and pineapple cubes	Fruit loaf with cucumber batons	Oat cake and watermelon	Breadsticks and pear slices
High Tea	Selection of Chicken & cheese wraps with shredded lettuce, vegetable sticks.	Spicy lentil and vegetable soup with a buttered roll	Homemade rainbow vegetable muffins and vegetable sticks	Homemade margarita pizza slices	Ploughmans with humus dip
Dessert	Peaches with mix berry sauce	Fruit Yoghurt	Yogurt and oat crunch	Slices of fresh fruit	Homemade fruity flapjack