



Autumn - Winter Menu 2019 -2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/10 4/11 2/12 6/1 3/2 2/3 30/3 (Hol.Club)	Chicken and sweetcorn pie with potatoes and seasonal vegetables Fromage frais with seasonal fruit compote	Spaghetti bolognese Coconut and fruit squares	Fish pie with cod, salmon and broccoli Plum crumble and custard	Homemade burger with salad and homemade potato wedges Sultana flapjack	Stir fry chicken and vegetables with egg noodles Mandarin jelly mousse
14/10 11/11 9/12 13/1 10/2 9/3	Cod with tomatoes, vegetables and giant couscous Apricot crumble slice	Cottage pie with seasonal vegetables Seasonal fruit salad	Chicken and vegetable paella Chocolate sponge cake with chocolate custard	Salmon egg fried rice and vegetables Yoghurt with crispy toppings	Baked potatoes with tuna mayonnaise or cheese filling Blackberry and apple cobbler
21/10 (Hol.Club) 18/11 16/12 20/1 17/2 (Hol.Club) 16/3	Red lentil cottage pie with seasonal vegetables Strawberry Angel Delight	Penne pasta bake with tuna, cheese and tomato sauce, with vegetables Yoghurt with seasonal fruit compote	Salmon encroute with spinach and potatoes Eve's pudding (made with apples and raisins) with custard	Roast chicken with potatoes and seasonal vegetables Orange polenta cake	Breaded fish goujons with mashed potato and baked beans Rice pudding with strawberry jam
28/10 25/11 23/12(Hol.Club) 27/1 24/2 23/3	Salmon and pea risotto Blackcurrant flapjack with yoghurt topping	Beef cannelloni with carrots and peas Seasonal fruit salad	Sausages with mashed potatoes and baked beans Upside-down apple cake and custard	Macaroni cheese with peas and sweetcorn Homemade shortbread biscuit with satsuma	Chicken casserole with seasonal vegetables Yoghurt with crispy toppings

Occasionally menu choices will be swapped around. The overall balance will remain the same. This menu has been put together using the voluntary food and drink guidelines for early years settings – Eat Better Start Better. For further information please see a member of staff.