

	Autumn – Winter Menu 2021/2022				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Dec 21 24 Jan 22 21 Feb 22	Chicken stir fry  Fruit salad	Mac n Cheese with sweetcorn  Shortbread biscuit	Bacon, pea risotto  Strawberries & cream	Pork and butterbean casserole  Fruit yoghurt	Fish pie  Angel delight
29 Nov 21 03 Jan 22 31 Jan 22 28 Feb 22	Fish goujons & mash potato  Fruit salad	Pork meat balls mash and peas  Strawberries & cream	Seasonal veg risotto  Crispie, oat, apricot bar	Spaghetti Bolognese  Rice pudding with raspberry sauce	Chicken leek pie  Angel delight
6 Dec 21 10 Jan 22 07 Feb 22 07 March 22	Teriyaki salmon  Fruit salad	Potato broccoli carrot gratin  Strawberries & cream	Cottage pie  Custard & banana	Bacon pea carbonara  Fruit yoghurt	Roast chicken  Lemon drizzle
13 Dec 21 17 Jan 22 14 Feb 22 14 March 22	Veggie chow mein  Fruit salad	Creamy Broccoli pasta  Strawberries & cream	Tuna & sweetcorn jacket potatoes  Chocolate krispie cake	Meatballs in tomato sauce  Fruit yoghurt	Chicken curry  Rice pudding with raspberry jam

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.