

YOUR MENU

Children's Centre Menu

Week 1

3rd October 2022 – March 2023

MONDAY

Beef Bolognese Pasta Bake

Roasted Vegetable Mac and Cheese (v)

Lemon Cookie with Fresh Fruit Wedges

Cold Tea

Cheese Sandwich with Vegetable Batons (v)

Tuesday

Sticky Glazed Chicken with Rainbow Cous Cous

Cypriot-Style Cheese in a Sticky Glaze with Rainbow Cous Cous (v)

Chocolate Cornflake Cake with Fresh Fruit Wedges

Cold Tea

Wholemeal Pasta Salad with Vegetable Batons (v)

AVAILABLE DAILY
YOGHURTS
AND
Fresh Fruit

MENUS ARE SUBJECT TO AVAILABILITY



Wednesday

Jalfrezi Curry with Rice (ve)

Jalfrezi Curry with Rice (ve)

Apple and Parsnip Flapjack

Cold Tea

Tuna Mayo Finger Roll with Vegetable Batons

RED TRACTOR STANDARDS



THURSDAY

Roast Chicken with Yorkshire Pudding, Mashed and Roast Potatoes

Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes (v)

Pear and Ginger Sponge with Custard

Cold Tea

Soft Pitta Fingers with a Creamy Dip and Vegetable Batons (v)



FRIDAY

Steamed Fish with Creamy Leek and Mushroom Sauce and Mashed Potato

Vegetarian Cottage Pie (v)

Ice Cream with Peach Compote

Cold Tea

Wholemeal Egg Mayo Sandwich served with Vegetable Batons (v)



YOUR MENU

Children's Centre Menu

Week 2

3rd October 2022 – March
2023

MONDAY

Breaded Chicken in Curry
Sauce with Jacket Wedges

Cheesy Bean Slice with
Jacket Wedges (v)

Winter Berry Trifle

Cold Tea

Wholemeal Egg Sandwich
served with Vegetable
Batons (v)

Tuesday

Mild Chickpea and Tomato
Biryani (ve)

Mild Chickpea and Tomato
Biryani (ve)

Orange Sponge with
Chocolate Custard

Cold Tea

Plant Based Sausage Roll
with Tomato Wedges (v)

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Fresh Fruit

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Wednesday

Savoury Mince with
Yorkshire Pudding, Mashed
and Roast Potatoes

Vegetarian Sausage with
Yorkshire Pudding, Mashed
and Roast Potatoes (v)

Homemade Cheese Straws
with Apple Wedges

Cold Tea

Wholemeal Pasta Salad
with Vegetable Batons (v)

RED TRACTOR STANDARDS



THURSDAY

Salmon in Parsley Sauce with
New Potatoes

Spanish Omelette with New
Potatoes (v)

Bread and Butter Pudding

Cold Tea

Malt Loaf served with
Apple Wedges (v)



FRIDAY

Sausage Casserole with
Crusty Bread

Vegetable Casserole with
Crusty Bread (v)

Chocolate and Beetroot
Brownie with Pear Wedges

Cold Tea

Cheese Finger Roll served
with Vegetable Batons (v)



YOUR MENU

Children's Centre Menu

Week 3

3rd October 2022 – March 2023

MONDAY

Sweet Potato Vegetable Chilli with Rainbow Rice (ve)

Sweet Potato Vegetable Chilli with Rainbow Rice (ve)

Seasonal Fruit Crumble with Custard

Cold Tea

Homemade Pizza Fingers served with Vegetable Batons (v)

Tuesday

Roast Chicken with Yorkshire Pudding, Mashed and Roast Potatoes

Vegetarian Loaf with Yorkshire Pudding, Mashed and Roast Potatoes (v)

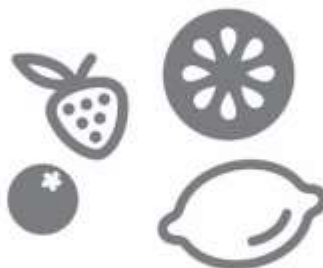
Rice Pudding with Homemade Strawberry Sauce

Cold Tea

Cheesy Scone topped with Cream Cheese and served with Apple Wedges (v)

AVAILABLE DAILY
YOGHURTS
AND
Fresh Fruit

MENUS ARE SUBJECT TO AVAILABILITY



Wednesday

Fish Fingers with Chips

Omelette with Chips (v)

Chocolate Shortbread with Orange Wedges

Cold Tea

Plant Based Sausage Roll with Tomato Wedges (v)

RED TRACTOR STANDARDS



THURSDAY

Meat Feast Pizza with Herby Diced Potatoes

Vegetable Pizza with Herby Diced Potatoes (v)

Winter Fruit Flapjack

Cold Tea

Wholemeal Pasta Salad with vegetable Batons (v)



FRIDAY

Italian Creamy Chicken and Pea Risotto

Creamy Italian Vegetable Risotto (v)

Coconut Sponge with Custard

Cold Tea

Wholemeal Cheese Sandwich served with Vegetable Batons (v)

