



# Weekly Menu Planner Week 1

|                            | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|----------------------------|---|---|---|--|---|
| <b>Breakfast</b>           | <i>Selection of cereal or assorted savouries</i>                                    |   |   |  |   |
| <b>Mid-Morning Snack</b>   | <i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i> |   |   |  |   |
| <b>Lunch</b>               | Butternut squash and apple soup with cream cheese pumpernickel.                     | Cauliflower koftas with fresh spinach and tomato and coconut sauce. | Halloumi and chickpea stew with wholemeal flatbreads. | Quorn roast, roast potatoes, broccoli and carrot mash. | Lentil and carrot Bolognese with organic pasta. |
| <b>Mid afternoon Snack</b> | <i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i> |   |   |  |   |
| <b>Tea</b>                 | Frankfurters, German warm potato salad and homemade slaw.                           | Aduki bean and miso dip with crudites and rice crackers.            | Homemade sausage and mushroom rolls with baked beans. | Winter vegetable soup and oat cakes.                   | Cheese toasties and organic baked beans.        |
| <b>Drinks</b>              | <i>Fresh water and milk are provided throughout the day</i>                         |   |   |  |   |
| <b>Allergy Information</b> | Wheat, Dairy, Soy, Egg  | Soy, Sesame   | Wheat, Dairy, Soy                                     | Egg  | Wheat, Dairy, Soy                               |



## Weekly Menu Planner Week 2

|                            | Monday  | Tuesday   | Wednesday  | Thursday  | Friday                        |
|----------------------------|---|---|--|---|-------------------------------|
| <b>Breakfast</b>           | <i>Selection of cereal or assorted savouries</i>                                    |   |  |   |                               |
| <b>Morning Snack</b>       | <i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i> |   |  |   |                               |
| <b>Lunch</b>               | Mini cheese and onion pies with roasted baby potatoes and peas.                     | Balkan bean stew (Pasulj) with crusty homemade bread.                   | Spinach and feta orzo with herby roast vegetables. | Chili Non-Carnie with organic wholemeal rice.         | Homity pie and garden peas.   |
| <b>Mid afternoon Snack</b> | <i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i> |   |  |   |                               |
| <b>Tea</b>                 | Cream of mushroom soup with homemade garlic bread swirls.                           | Root vegetable nuggets with polish vegetable salad (Sałatka jarzynowa). | Selection of dips, pate and toasted pittas.        | Broccoli and corn flan, new potatoes and garden peas. | Spicy tomato and lentil soup. |
| <b>Drinks</b>              | <i>Fresh water and milk are provided throughout the day</i>                         |   |  |   |                               |
| <b>Allergy Information</b> | Wheat, Dairy  | Wheat, Dairy, Egg   | Wheat, Dairy, Sesame                               | Wheat, Dairy, Soy, Egg                                | Wheat                         |



## Weekly Menu Planner Week 3

|                            | Monday  | Tuesday   | Wednesday                                    | Thursday  | Friday   |
|----------------------------|---|---|--|---|--|
| <b>Breakfast</b>           | <i>Selection of cereal or assorted savouries</i>                                    |   |  |   |  |
| <b>Mid-Morning Snack</b>   | <i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i> |   |  |   |  |
| <b>Lunch</b>               | Chickpea and kale Lablabi, couscous and preserved lemon yoghurt.                    | Broccoli and basil orecchiette with homemade garlic bread.            | Spanakopita with tomato and fennel sauce.    | Organic butter bean and pearl barley cobbler with broccoli. | Mushroom, mixed pepper, sundried tomato and olive pizza. |
| <b>Mid afternoon Snack</b> | <i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i> |   |  |   |  |
| <b>Tea</b>                 | Tunisian style seasonal vegetable frittata.   | Olive and cheese topped grilled polenta with homemade marinara sauce. | Fasolada - Greek white bean soup and breads. | Cheese filled jacket potatoes with organic baked beans.     | Organic wholemeal pasta with rich tomato sauce.          |
| <b>Drinks</b>              | <i>Fresh water and milk are provided throughout the day</i>                         |   |  |   |  |
| <b>Allergy Information</b> | Wheat, Dairy, Egg   | Wheat, Dairy  | Wheat, Dairy, Egg                            | Barley, Dairy   | Wheat  |



## Weekly Menu Planner Week 4

|                            | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|----------------------------|---|---|--|--|--|
| <b>Breakfast</b>           | <i>Selection of cereal or assorted savouries</i>                                    |   |  |  |  |
| <b>Mid-Morning Snack</b>   | <i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i> |   |  |  |  |
| <b>Lunch</b>               | Panchmel dahl with roti and chutney.  | Mushroom and chickpea fritters with pearl couscous salad. | Mushroom, lentil and veggie pies topped with potato celeriac mash with peas. | Cauliflower and mixed bean tagine with organic wholemeal rice. | Red Dragon Pie with broccoli.                              |
| <b>Mid afternoon Snack</b> | <i>Seasonal organic fruit or vegetable sticks with assorted crackers and spread</i> |   |  |  |  |
| <b>Tea</b>                 | Seasonal vegetable baked bhaji with raita.  | Courgette, basil and feta soup with homemade croutons.    | Warm homemade hummus with roasted vegetables.                                | Spicy potato wedges with organic baked beans.                  | Tofu nuggets with homemade organic rolls and tomato sauce. |
| <b>Drinks</b>              | <i>Fresh water and milk are provided throughout the day</i>                         |   |  |  |  |
| <b>Allergy Information</b> | Wheat, Dairy  | Wheat, Dairy  | Wheat, Dairy, Soy  |  | Wheat, Soy   |

Crossley Mill Nursery Winter menu 2024/2025