



# WINTERFOLD

PREP • PRE- PREP • NURSERY

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP				Minestrone	
BREAD	Malted Wheat and White Petit Pains	Malted Wheat and White Petit Pains	Malted Wheat and White Petit Pains	Malted Wheat and White Petit Pains	Malted Wheat and White Petit Pains
MAIN COURSE 1	All Day Breakfast consisting of Butchers Choice Pork Sausages and Baked Beans, Back Bacon, Scrambled Eggs	Chicken and Spinach Balti with Garlic and Coriander Naan Bread	Homemade Lasagne Al Forno	Shropshire Roasted Leg of Pork with Crackling, Sage and Onion Stuffing, Steamed Carrots and Savoy Cabbage, Roast Potatoes and rich Gravy	Baked Battered Haddock
MAIN COURSE 2		Braised Beef and Onion Cobbler	Lamb and Root Vegetable Casserole		Baked Cod Fish Fingers
VEGETARIAN	Glamorgan Sausage	Spinach and Potato Balti	Roasted Pepper and Mushroom Lasagne	Roast Vegetable Flan	Cheese and Tomato Omelette
ON THE SIDE	Plum Tomatoes, Mushrooms, Hash Browns, Wholemeal Toast, Jacket Potatoes	Crushed Potatoes, Vegetable Medley, Boiled Rice, Jacket Potatoes	Boiled Potatoes, Broccoli Florets, Jacket Potatoes	Baked Beans, Jacket Potatoes and Apple Sauce	Beef Fries, Peas, Jacket Potatoes
PASTA BAR	Basilico Sauce	Spicy Sausage Sauce	Pomodoro Sauce		Italian Meatball Sauce
DESSERTS	Strawberry Pie with Custard, Yoghurts	Sticky Toffee Sponge with Vanilla Sauce, Fresh Fruit Salad	Creamy Semolina with Chocolate Sprinkles, Yoghurts	Homemade Steamed Jam Pudding with Custard, Lemon Cheesecake	Bread and Butter Pudding with Custard, Mini-Milk Lollies
CUT FRUIT	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit	Mixed Fruit

**SALAD BAR EVERY DAY CONSISTING OF:**

Sliced Chicken or Ham, Cheese, Lettuce, Cucumber, Cherry Tomatoes, Tuna, Boiled Eggs, Sweetcorn, Beetroot, Pickled Onions, Various Pasta Salads, Celery, Mixed Peppers, Wholemeal Wraps, Light Mayonnaise and Various Dressings