



Our Food Promise
 Everything on our menu is freshly prepared from scratch to give children the best start with real, nutritious food.
 Snacks between meals are also delicious, wholesome and prepared from scratch
 Many of our vegetables are grown and picked at our kitchen garden
 Allergies and intolerances are catered for with care, using thoughtful, homemade alternatives so every child enjoys delicious food safely.
 Children often help bake our breads, meals, and puddings – learning where food comes from and taking pride in what they've made.

WEEK ONE

Monday

Lunch: Indian Spiced Roast Butternut Squash and Chickpea Curry with Rice

Tea: Vegan Creamy broccoli and Cheese Soup with Home Made bread

Tuesday

Lunch: Sweet Potato and Spinach Cakes with Home Made Baked Beans

Tea: Sweetcorn and Potato Chowder

Wednesday

Lunch: Red Lentil, Spinach and Rosemary Pasta

Tea: Pearly Barley and White Bean Stew with Homemade Bread

Thursday

Lunch: Pizza Marinara with Courgettes and Sliced Black Olives.

Tea: Mushroom Masala & Rice

Friday

Lunch: Three Bean Shepherds Pie with Seasonal Vegetables

Tea: stir fry noodles and seasonal veg

WEEK TWO

Monday

Lunch: Seasonal Vegetable Curry with Rice

Tea: Homemade Spinach, Pea and Basil Pesto Pasta topped with a Sprinkel of Nutritional yeast

Tuesday

Lunch: Seasonal Vegetable Tagine with Bulgar Wheat

Tea: Roasted Jacket Potatoes with Homemade Baked Beans

Wednesday

Lunch: Vegetarian Chilli with Rice

Tea: Rosemary and thyme Baked polenta with Homemade Ketchup and Roasted Vegetables

Thursday

Lunch: Pasta Primavera

Tea: Creamy Coconut Dhal swith chapatis or bread

Friday

Lunch: Curried Couscous, Carrot and Chickpea Salad with Roasted Potatoes

Tea: Carrot and Coriander Soup with bread

WEEK THREE

Monday

Lunch: Sweet Potato and Green Pea Curry with Rice

Tea: Red Lentil, Spinach and Kale Rosemary Pasta

Tuesday

Lunch: Butternut Squash Mac and Cheese

Tea: Roasted Vegetable Buddha Bowl with Hummus

Wednesday

Lunch: Chickpea Patties with New Potatoes and Seasonal Vegetables

Tea: Butternut Squash Soup

Thursday

Lunch: Pasta with Seasonal Vegetable Ragout

Tea: Sweet Potato Curry with Broccoli

Friday

Lunch: Plant Based Spanish Omelette with Home Made Baked Beans

Tea: Mixed Vegetable and Rice Salad

WEEK FOUR

Monday

Lunch: Sweet Potato and Butterbean Falafel with Homemade Baked Beans

Tea: Aubergine, Spinach & Lentil Curry with Homemade Nan Bread

Tuesday

Lunch: Vegetable Massaman Curry with Rice

Tea: Homemade Spinach, Pea and Basil Pesto Pasta topped with a Sprinkel of Nutritional Yeast

Wednesday

Lunch: Roasted Butternut Squash and Black Bean Chilli
 Tea: Chickpea and Mushroom Stew with Homemade Bread

Thursday

Lunch: Pasta with Vegetable and Lentil Bolognese

Tea: Cheesy Leek and Potato Soup

Friday

Lunch: Bean Burgers with New Potatoes and Home Made Ketchup

Tea: Rice Salad with Vegetables