

MiChild Group Autumn/Winter Menu

Week 1

Day	Breakfast	AM Snack	Dinner	Tea
MONDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Roast chicken , Mash, carrots, broccoli, Yorkshire pudding and gravy Fruit Salad	Spaghetti on toast Jelly and Ice cream
TUESDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Cheese & onion pie, beans and mash Angel Delight	Macaroni cheese and broccoli Banana's and Custard
WEDNESDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Sausage Noodle Casserole, wedges, and sweetcorn Swiss Roll	Jacket potatoes with tuna Scones (Home baking) with fresh cream and Jam
THURSDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Sweet potato curry and rice served with Naan Bread	Sandwiches Strawberries and cream
FRIDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Fish pie and sweetcorn Mango and strawberry salad	Sausage barmcakes

- Drinks – The children have access to fresh water throughout the day alongside water and milk at mealtimes.
- Special dietary requirements – Individual dietary requirements will be catered for including allergies and intolerances.
 - Healthy eating – These menus reflect our food management policy and '5 a day' schemes.
- Fruit and Vegetables – all fruit and vegetables are subject to change due to seasonality and availability.
- Under 1s – individual requirements will be discussed and implemented through our weaning policy.

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Week 2

Day	Breakfast	AM Snack	Dinner	Tea
MONDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Shepherd's pie served with carrots Eton mess	Quiche, new potatoes and beans Rice pudding served with Jam
TUESDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Vegetable lasagna, Green Beans and Garlic bread Fruit Kebabs with yoghurt dip	Sausage sandwiches Yoghurts
WEDNESDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Chicken and Veg Pie served with mash and gravy Angel Delight	Jacket potatoes with cheese and beans Fresh fruit salad
THURSDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Fish cakes, mashed potatoes, and peas Homemade shortbread biscuit (Home baking)	Crumpets with toasted cheese Chocolate mousse
FRIDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Chicken korma, rice and naan bread Mango and strawberry salad	Beans on toast Fan of melon with a splash of blackcurrant juice

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Week 3

Day	Breakfast	AM Snack	Dinner	Tea
MONDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Corn beef hash served with bread roll and red cabbage Swiss Roll	Cheesy beany bake Yoghurts
TUESDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Fish fingers, mashed potatoes, and beans Bread and butter pudding	Vegetable risotto Angel delight
WEDNESDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Sweet and sour chicken noodles Banan muffins (home baking)	Jacket potato, cheese and beans. Served with carrot and pepper sticks Jelly and Ice cream
THURSDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Fajitas with sweet potato wedges and a side of corn School cake and custard	Homemade tomato soup and bread roll Fruit and yoghurt
FRIDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Chicken and vegetable curry and rice Yoghurts	Scrambled egg and toast Strawberries and cream

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Week 4

Day	Breakfast	AM Snack	Dinner	Tea
MONDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Beef stew and dumplings Fruit salad	Mediterranean pasta Scones (home baking) with fresh cream and jam
TUESDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Chill con carne with rice and nacho's Bananas and custard	Macaroni cheese and broccoli Yoghurts
WEDNESDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Lasagne with garlic bread Fruity Flapjack	Homemade pizza and salad Fresh Fruit
THURSDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Fish pie and sweetcorn Rice pudding served with Jam	Scrambled eggs on wholemeal bread Yoghurts
FRIDAY	Cereals & Toast Fresh Fruit	Fresh Fruit Milk	Cheese & onion pie, beans and mash Home baking - Chocolate and banana muffins	Spaghetti on toast Eaton Mess

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