



LUNCH TIME



WEEK 1

MONDAY

Broccoli Macaroni and Cheese (M & W)
Bananas and Custard (M)

TUESDAY

Chicken Korma & Boiled Rice (M, W)
Syrup Sponge and Ice Cream (M, W & E)

WEDNESDAY

Tuna and Vegetable Gratin (F, M & W)
Fresh Fruit and Sugar-Free Jelly

THURSDAY

Butternut Squash and Chickpea Tagine
Cranberry and Orange Flapjack (M)

FRIDAY

Upside Down Shepherds Pie (S & W)
Lemon Bread and Butter Pudding (M, W & E)

WEEK 2

MONDAY

Ham Carboornara (W & M)
Pureed Fruit and Sorbet

TUESDAY

Fishermans Pie (F, M & W)
Oatmeal Cookies & Sliced Apple (E & W)

WEDNESDAY

Chilli Con Carne & Rice
Spotted Dick & Custard (M)

THURSDAY

Lamb and Vegetable Cobbler (S, W, E & M)
Melon Medley & creme Fraiche (M)

FRIDAY

Spinach, Sweet Potato and Lentil Dhal
Butterscotch Mousse and Sliced Bananas (M)

WEEK 3

MONDAY

Super Vegetable Pasta (W)
Strawberry Whip and Strawberry Coulis (M)

TUESDAY

Beef Stew and Dumplings (W & S)
Creamy Rice Pudding (M)

WEDNESDAY

Chicken and Leek Pie (W & M)
Healthy Banana Oatmeal Muffins (W, E & M)

THURSDAY

Smoked Haddock and Pea Risotto (M & F)
Apple Sponge and Ice Cream (E, M & W)

FRIDAY

Cowboy Bean Bake
Apricot and Pear Crumble (W & M)



At Worcester Early Years, we cater for lots of children with allergies and special diets and we regularly check the information provided by our suppliers to see if there have been any ingredient changes. Please, continue to talk to us about any allergies your child has, so we can work together to provide meals that are safe for them to eat.

ALLERGENS KEY FOUND IN AUTUMN MENU:

W - Wheat, **E** - Eggs, **N** - Nuts, **M** - Milk, **F** - Fish,

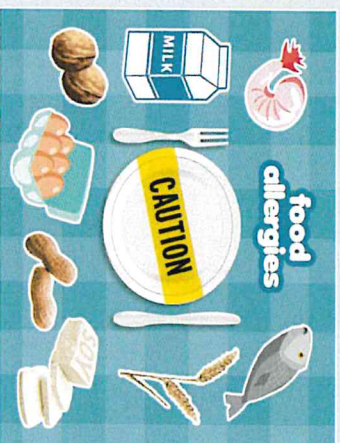
S - Soya



TEA TIME



<p>WEEK 1</p> <p>MONDAY Selection of Sandwiches, Cherry Tomatoes & Crisps</p> <p>TUESDAY Jacket Potato with Cheese</p> <p>WEDNESDAY Tomato Soup with Buttered Wholemeal Roll</p> <p>THURSDAY Beef Ravioli and Soldiers</p> <p>FRIDAY Beans on Bagel</p> <p>WEEK 3</p> <p>MONDAY Sausage Roll and Crudites</p> <p>TUESDAY Cheese and Potato Pie</p> <p>WEDNESDAY Toasted Wholemeal Muffin with Spaghetti Hoops</p> <p>THURSDAY Ham & Tomato Pizza Slice with a Tossed Salad</p> <p>FRIDAY Selection of Sandwiches, Cucumber Sticks and Crisps</p>	<p>WEEK 2</p> <p>MONDAY Toasted Tea Cakes and Melon Sticks</p> <p>TUESDAY Tomato and Bacon Pasta Bake</p> <p>WEDNESDAY Selection of Sandwiches, Carrots Sticks & Crisps</p> <p>THURSDAY Cheese, Crackers and Grapes</p> <p>FRIDAY Fish Finger Sandwiches with a Tomato Sauce Dip</p>
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