

Winter Menu Sample

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|--|--|---|--|---|
| Breakfast | Cardamon pancakes with coconut yoghurt GI | Selection of healthy cereals and muesli GI M | Carrot and ginger porridge (honey over 12 months) | Wholemeal toast and crumpets with plant based spread GI | Organic dairy and oat yoghurts with fruit puree M |
| Morning Snack | Grissini sticks and spiced organic houmous Gi | Organic fruit and seed oatcakes with Cheddar cheese M | Organic rice/corn cakes and apple sticks | Organic oat cakes with Williams pears | Organic rice/corn cakes with honeydew melon |
| Lunch | Roast pumpkin, red lentil and coriander dhal with naan breads GLCV | Minced beef and root vegetable hotpot with roast parsnips CS | '5' Spice roast chicken, ginger carrots, honey and garlic roast potatoes SC | Tuna, ricotta and spinach cannelloni with corn on the cob GIEMCF | Haddock and salmon pie with creamy mash and peas MCF |
| Dietary / Allergy considerations | | Aubergine and sweet potato CS | Jackfruit SC | Tofu GLEMC | Lentil and chickpea MC |
| Pudding | Mango lassi M | Organic dairy and oat yoghurts with fruit puree M | Peeled satsumas | Banana bread GI | Conference pears |
| Afternoon Snack | Rainbow heritage carrots | Cucumber batons and guacamole | Plum cherry tomatoes | Orange wedges | Kiwi fruit and mozzarella M |
| Tea | Baked vegetable and coriander samosas with tomato and ginger chutney V | Quinoa, soya and vegetable fried rice VC | Calzone pizza with tomato, herbs, peppers and mozzarella GI MV | Baked new potatoes with red pepper, borlotti and kale stew Ve C | Udon noodles with crispy tofu, nori and miso broth GIS Ve C |

Allergen Key

C = Celery
L = Lupin

GL = Gluten
S = Soya

E = Eggs
Su = Sulphur Dioxide

F = Fish

M = Milk

Mu = Mustard

Dietary Key

V = Vegetarian

Ve = Vegan

DF = Dairy Free

Winter Menu Sample

| | | | | | |
|---|-------------------|--------------|------------|-------|-----------|
| Dietary / Allergy considerations | | | | | |
| Pudding | Gulab Jamun GI | Mixed grapes | Watermelon | Plums | Pineapple |

Allergen Key

C = Celery
L = Lupin

GL = Gluten
S = Soya

E = Eggs
Su = Sulphur Dioxide

F = Fish

M = Milk

Mu = Mustard

Dietary Key

V = Vegetarian

Ve = Vegan

DF = Dairy Free