



# Autumn & Winter Term Menu





# **DOTS N SPOTS KITCHEN**

**FRESH BALANCED MEALS | PREPARED EVERY DAY**



**Our cook Mel prepares nutritious meals in our onsite kitchen which holds a 5\* Food Hygiene rating.**



**We provide the children with breakfast, a cooked lunch with pudding and snack tea with pudding, as well as healthy snacks in-between meal times. Fresh drinking water and milk is also readily available throughout the day.**



**We cater for all dietary needs such as allergies, intolerances & SEND as well as lifestyle choices such as Vegan & Vegetarian.**





## MEAL TIMES



**BREAKFAST - 07:30 - 08:45**

**A range of cereals, fruit and wholemeal toast with milk or water.**



**MORNING SNACK- 09:15**



**LUNCH & PUDDING - 11:15**

**Homemade healthy and nutritious meal to support a balanced diet.**



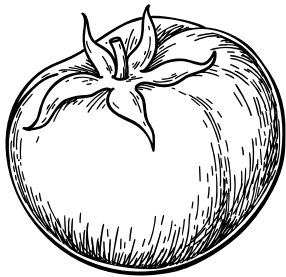
**AFTERNOON SNACK - 14:15**



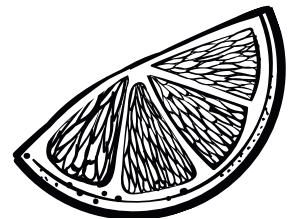
**TEA & PUDDING - 15:15**

**Tea is a light meal as many of our children also eat at home.**





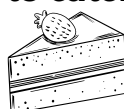
# WEEK ONE



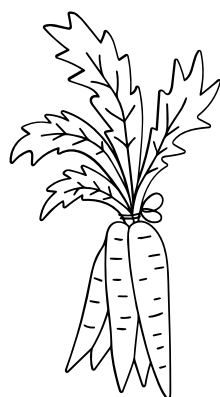
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	A selection of cereals (Weetabix, Cornflakes, Rice Krispies & Hoops), fresh fruit (Apples, Bananas, Orange's), wholemeal toast and porridge. Whole milk & water to drink.				
<b>SNACK TIMES</b>	A selection of fresh fruit, crackers & cheese, yogurts, breadsticks & dips (houmous or red pepper) or vegetable sticks.				
<b>LUNCH MAIN MEAL</b>	Beef Chilli with Wholemeal Rice	Sausage and Lentil Cowboy Pie with mixed Vegetables 1, 10	Chicken & Vegetable Curry with Rice (carrots, broccoli & peas) 1, 8, 10	Vegetable Pasta Bake with Garlic Bread (sweet potato, butternut squash, cauliflower, chickpeas, lentils, sweetcorn) 1, 10	Homemade Fish Goujons with Cauliflower Cheese, Mashed Potato and Peas 1, 4, 10
<b>PUDDING</b>	Whip 10	Homemade Milk Rice Pudding 10	Sponge Cake & Custard 1, 10	Jelly	Fruit
<b>NURSERY SNACK TEA</b> *FRUIT READILY AVAILABLE	Toasted Muffins with Cheese & Beans 1, 10	Sandwiches with a variety of fillings 1, 4, 10	Potato waffles with Beans 1	Homemade Mixed Vegetable Soup with Crusty Bread  1	Margarita or Vegetable Pizza 1, 10
<b>CLUB SNACK TEA</b> *FRUIT READILY AVAILABLE	Beef Chilli with Wholemeal Rice	Sandwiches with a variety of fillings 1, 4, 10	Potato waffles with Beans 1	Wraps with a variety of fillings 1, 4, 10	Margarita or Vegetable Pizza 1, 10
<b>PUDDING</b>	Fruit	Yogurts 10	Fruit	Homemade Traybake 1, 10	Yogurts 10

**Allergen information – 1 Cereals containing Gluten, 2 Crustaceans, 3 Molluscs, 4 Fish, 5 Peanuts, 6 Lupin, 7 Nuts, 8 Soyabeans, 9 Eggs, 10 Milk, 11 Celery, 12 Mustard, 13 Sesame, 14 Sulphur dioxide**

**Our Cook Mel will liaise with families to cater for children with allergy/dietary needs.**







# WEEK TWO



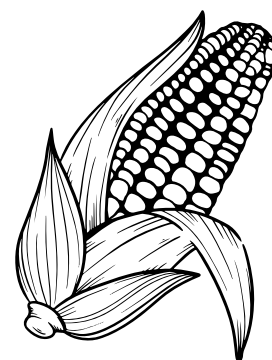
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	A selection of cereals (Weetabix, Cornflakes, Rice Crispies & Hoops), fresh fruit (Apples, Bananas, Orange's), wholemeal toast and porridge. Whole milk & water to drink.				
<b>SNACK TIMES</b>	A selection of fresh fruit, crackers & cheese, yogurts, breadsticks & dips (houmous or red pepper) or vegetable sticks.				
<b>LUNCH MAIN MEAL</b>	Shepards Pie with Mixed Vegetables 10	Chicken & Potato Stew with Dumplings and Mixed Vegetables 1	Homemade Mixed Fish Pie with Mashed Potato & Mixed Vegetables 1, 10	Chicken & Vegetable Curry with Rice	Spaghetti Bolognese 1
<b>PUDDING</b>	Homemade Crumble & Custard 1, 10	Jelly	Angel Delight 10	Homemade Cake & Custard 1, 10	Fruit
<b>NURSERY SNACK TEA</b> *FRUIT READILY AVAILABLE	Crispy Chicken Wraps with lettuce and cucumber 1	Beans on Toast 1	Cheesy Pasta 1	Toasties with a selection of fillings 1, 4, 10	Sausage in a Bun 1
<b>CLUB SNACK TEA</b> *FRUIT READILY AVAILABLE	Crispy Chicken Wraps with lettuce and cucumber 1	Beans on Toast 1	Cheesy Pasta 1	Toasties with a selection of fillings 1, 4, 10	Sausage in a Bun 1
<b>PUDDING</b>	Yogurt 10	Fruit	Yogurts 10	Fruit	Homemade Scones 1

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<b>SNACK TIMES</b>	A selection of fresh fruit, crackers & cheese, yogurts, breadsticks & dips (houmous or red pepper) or vegetable sticks.				
<b>LUNCH MAIN MEAL</b>	Mince & Dumplings with Carrots & Peas 1, 10	Sausages, Mashed Potato with Beans 1, 10	Lasagne with Vegetables and Garlic Bread 1, 10	Roast Dinner with all the trimmings 1, 9, 10	Wholemeal Chicken Pasta with Vegetables 1
<b>PUDDING</b>	Banana & Custard 10	Rice Pudding 10	Fruit	Jelly	Angel Delight
<b>NURSERY SNACK TEA</b> *FRUIT READILY AVAILABLE	Pittas with a selection of fillings 1, 4, 10	Mixed Vegetable Soup with Crusty Bread 1	Toasted Muffins with Cheese & Beans 1, 10	Sandwiches with a selection of fillings 1, 4, 10	Margarita or Vegetable Pizza 1
<b>CLUB SNACK TEA</b> *FRUIT READILY AVAILABLE	Pittas with a selection of fillings 1, 4, 10	Mixed Vegetable Soup with Crusty Bread 1	Toasted Muffins with Cheese & Beans 1, 10	Sandwiches with a selection of fillings 1, 4, 10	Margarita or Vegetable Pizza 1
<b>PUDDING</b>	Yogurt 10	Fruit	Yogurt	Fruit	Homemade Traybake 1

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