

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.

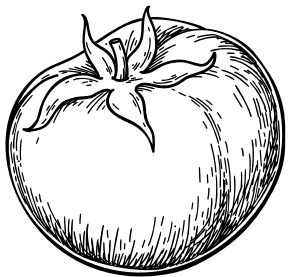


AFTERNOON SNACK - 14:15

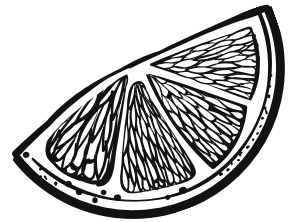


TEA & PUDDING - 15:15

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



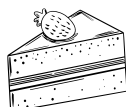
WEEK ONE

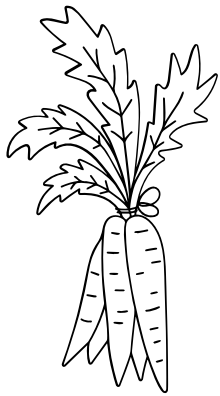


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of cereals (Weetabix, Cornflakes, Rice Crispies & Hoops), fresh fruit (Apples, Banana's, Orange's), wholemeal toast and porridge. Whole milk & water to drink.				
SNACK TIMES	A selection of fresh fruit, crackers & cheese, yogurts, breadsticks & dips (houmous or red pepper) or vegetable sticks.				
LUNCH MAIN MEAL	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
PUDDING	Whip 10	Homemade Milk Rice Pudding 10	Sponge Cake & Custard 1, 10	Jelly	Fruit
NURSERY SNACK TEA *FRUIT READILY AVAILABLE	Toasted Muffins & Scrambled Eggs 1, 9	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
CLUB SNACK TEA *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
PUDDING	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

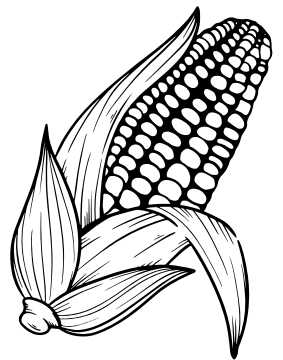


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of cereals (Weetabix, Cornflakes, Rice Crispies & Hoops), fresh fruit (Apples, Banana's, Orange's), wholemeal toast and porridge. Whole milk & water to drink.				
SNACK TIMES	A selection of fresh fruit, crackers & cheese, yogurts, breadsticks & dips (houmous or red pepper) or vegetable sticks.				
LUNCH MAIN MEAL	Wholemeal Pasta Bake with Meat option, Peas & Sweetcorn 1, 4, 10	Chicken & Potato Stew with Dumplings and Mixed Vegetables	Homemade Mixed Fish Pie with Mashed Potato & Mixed Vegetables 1, 10	Cod & Broccoli in a creamy sauce with Rice & Peas 1, 4, 10	Spaghetti Bolognese 1
PUDDING	Homemade Crumble & Custard 1, 10	Jelly	Angel Delight 10	Homemade Cake & Custard 1, 10	Fruit
NURSERY SNACK TEA *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
CLUB SNACK TEA *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
PUDDING	Yogurt 10	Fruit	Yogurts 10	Fruit	Homemade Scones 1

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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of cereals (Weetabix, Cornflakes, Rice Crispies & Hoops), fresh fruit (Apples, Banana's, Orange's), wholemeal toast and porridge. Whole milk & water to drink.				
SNACK TIMES	A selection of fresh fruit, crackers & cheese, yogurts, breadsticks & dips (houmous or red pepper) or vegetable sticks.				
LUNCH MAIN MEAL	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
PUDDING	Banana & Custard 10	Rice Pudding 10	Fruit	Jelly	Angel Delight
NURSERY SNACK TEA *FRUIT READILY AVAILABLE	Pittas with a selection of fillings 1, 4, 10	Mixed Vegetable Rice 1	Toasted Muffins with Cheese & Beans 1, 10	Sandwiches with a selection of fillings 1, 4, 10	Margarita or Vegetable Pizza 1
CLUB SNACK TEA *FRUIT READILY AVAILABLE	Pittas with a selection of fillings 1, 4, 10	Mixed Vegetable Rice 1	Toasted Muffins with Cheese & Beans 1, 10	Sandwiches with a selection of fillings 1, 4, 10	Margarita or Vegetable Pizza 1
PUDDING	Yogurt 10	Fruit	Yogurt	Fruit	Homemade Traybake 1

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

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