

Stafford Autumn/Winter Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast with milk or water	Cereal and Crumpets with milk or water	Cereal and Toast with milk or water	Cereal and Bagel with milk or water	Cereal and Toast with milk or water
AM Snack	Banana and orange	Melon	Apple	Fruit	Fruit
Lunch	Spaghetti Bolognese	Sweet and sour chicken with vegetables	Sausage and mash with beans, carrots and gravy	Vegetable risotto	Baked fish with white sauce and mixed vegetables
Pudding	Yogurt	Custard with berries	Sponge cake with custard	Fruit salad	Mixed fruit crumble
PM Snack	Bread sticks and veg sticks	Rice cake and veg sticks	Melon	Breadsticks and veg sticks	Rice cake and veg sticks
Tea	Cheese pin wheels with pasta	Mini Spanish tortilla	Tuna melt with salad	Jacket potato with cheese	Tomato pasta with vegetables
Pudding	Fruit	Peach	Yogurt	Melon	Carrot cake

Please note vegetarian / vegan options are available to cater for all dietary requirements

Please speak to a member of staff if you require any allergen information in line with our menus.

Stafford Autumn/Winter Menu

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Crumpets with milk or water	Cereal and Toast with milk or water	Cereal and Crumpets with milk or water	Cereal and Toast with milk or water	Cereal and Crumpets with milk or water
AM Snack	Oranges	Banana	Apple	Melon	Grapes
Lunch	Sausage and pasta bake with broccoli	Fish fingers with wedges and mixed vegetables	Chicken and mushroom pie with potatoes and carrots	Beef lasagne with broccoli	Spinach and ricotta torellini
Pudding	Melon	Ice-cream	Yogurt	Custard and berries	Fruit salad
PM Snack	Vegetable sticks and rice cakes	Crackers and cream cheese	Banana	Vegetable sticks and bread sticks	Rice cakes
Tea	Beans on toast with cucumber sticks	Macaroni cheese and peas	Tomato pasta with vegetables	Cheese pinwheels with pasta	Jacket potato with beans
Pudding	Fresh fruit	Apple crumble	Melon	Cup cakes	Yogurt

Please note vegetarian / vegan options are available to cater for various all requirements

Please speak to a member of staff if you require any allergen information in line with our menus.

Stafford Autumn/Winter Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast with milk or water	Cereal and Toast with milk or water	Cereal and Toast with milk or water	Cereal and Toast with milk or water	Cereal and Toast with milk or water
AM Snack	Fruit	Apple or pear	Banana	Tangerine	Fruit
Lunch	Vegetable risotto with garlic bread	Chilli con carne	Fish pie with vegetables	Chicken dinner with potatoe and vegetable	Cheese and potato pie with peas and carrots
Pudding	Peaches and custard	Melon	Sponge cake and custard	Fruit salad	Banana cake
PM Snack	Carrot sticks and humous	Rice cake	Carrot sticks and humous	Rice cakes	Carrot sticks and humous
Tea	Sausage and bean pie with broccoli	Jacket potato with scrambled egg	Homemade Hawaiiian pizza with potato chunks	Autumn spicy soup and warm bread	Baked pasta with vegetables
Pudding	Banana milkshake	Fruit	Yogurt	Courgette and rasin muffin	Apples

Please note vegetarian / vegan options are available to cater for all dietary requirements

Please speak to a member of staff if you require any allergen information in line with our menus.

Stafford Autumn/Winter Menu

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Bagel with milk or water	Cereal and Toast with milk or water	Cereal and Crumpets with milk or water	Cereal and Toast with milk or water	Cereal and Bagel with milk or water
AM Snack	Sultanas	Rice cake	Banana	Bread stick	Sultanas
Lunch	Chicken carbonara with spinach	Sweet potato curry with rice	Cottage pie	Fish cakes with carrots and peas	Cauliflower and broccoli cheese bake with potatoes
Pudding	Melon slices	Banana bread	Fruit salad	Sponge cake and custard	Yoghurt
PM Snack	Vegetable sticks with bread sticks	Cucumber and carrot sticks	Vegetable with bread sticks	Fruit	Rice cakes
Tea	Jacket potato with tuna	Quiche Lorraine with spaghetti hoops and bread	Autumn spicy soup with warm bread	Homemade hawiiian pizza with sweet potatoe chunks	Macaroni cheese with sweetcorn
Pudding	Fruit salad	Cupcakes	Watermelon	Fruit	Grapes

Please note vegetarian / vegan options are available to cater for all dietary requirements

Please speak to a member of staff if you require any allergen information in line with our menus.



Please speak to a member of staff if you require any allergen information in line with our menus.