

The Children's Garden

Autumn / Winter Menu

All of our dishes are homemade, freshly prepared and cooked on the premises daily

<i>Week One</i>	<i>Breakfast</i>	<i>Morning Snack</i>	<i>Lunch</i>	<i>Afternoon Snack</i>	<i>Tea</i>
Monday	Organic Porridge with Organic Toast	Fresh Fruit Pieces	Sweet and Sour Chicken Served with Rice Fruit tart and crème fraiche	Bread Sticks	Beans on Toast Apricots & raisins
Tuesday	Scrambled Eggs and Tomatoes with Organic Toast	Corn cakes	Veggie Bake Cauliflower, broccoli and carrots baked in a rich cheese sauce, served with couscous Rice Pudding	Fresh Fruit Pieces	Crumpets Banana
Wednesday	Strawberry & Banana Smoothie Organic Toast	Fresh fruit pieces	Lamb Hotpot Casserole of diced lamb with swede, carrots and green beans, served with baby potatoes Rice crispie cake	Crisp bread	Sandwiches with choice of 2 fillings Greek yoghurt and honey
Thursday	Organic Porridge with Organic Toast	Rice cakes	Pasta with sardines, olives and tomato sauce Melon slices	Fresh fruit pieces	Homemade vegetable soup Served with a bread roll Lemon Muffin
Friday	Breakfast Cereal Bar Made with oats, blueberries and honey Organic Toast	Fresh Fruit Pieces	Fish Pie Cod loin with peas and sweetcorn cooked in a white sauce and topped with creamy mashed potato Fruit Medley	Kracka Wheat	Cheese & Cucumber wholemeal wraps Toasted tea loaf



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<i>Week Two</i>	<i>Breakfast</i>	<i>Morning Snack</i>	<i>Lunch</i>	<i>Afternoon Snack</i>	<i>Tea</i>
<i>Monday</i>	Mango, strawberry and yoghurt smoothie Organic Toast	Breadsticks	Tuna Pasta Bake Fusilli pasta with tuna, sweetcorn and mushrooms baked in a creamy, white sauce Apple crumble & Cream	Fresh Fruit Pieces	Sandwiches with a choice of two fillings Banana
<i>Tuesday</i>	Breakfast Cereal Bar Made with oats, blueberries and honey Organic Toast	Fresh Fruit Pieces	Chicken & Butterbean Casserole with carrots, peas and onions, served with rice Peach & Yoghurt Muffin	Corn cakes	Cheese and salad pitta breads Fruit Salad
<i>Wednesday</i>	Breakfast Muffins made with egg, bacon and tomatoes Organic Toast	Rice cakes	Tomato & Mixed Bean Pasta Fusilli pasta with butterbeans, haricot and cannellini beans in a tomato sauce Rice pudding	Carrot and cucumber sticks	Homemade Vegetable Soup served with a wholemeal roll Fruit tartlet
<i>Thursday</i>	Pineapple, banana and yoghurt smoothie Organic Toast	Krakawheat	Veggie Bake Cauliflower, broccoli and carrots baked in a rich cheese sauce, served with couscous Greek yoghurt and honey	Fresh Fruit Pieces	Beans on Toast Tea Loaf
<i>Friday</i>	Weetabix with hot milk Organic Toast	Fresh Fruit Pieces	Local butcher's sausages with creamy mashed potato, peas and gravy Melon slices	Bread sticks	Cheese and crackers, carrot and cucumber sticks with roast tomato and garlic hummus Blueberry Muffin

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<i>Week Three</i>	<i>Breakfast</i>	<i>Morning Snack</i>	<i>Lunch</i>	<i>Afternoon Snack</i>	<i>Tea</i>
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Monday	Organic Porridge Organic Toast	Corn Cakes	Pasta Carbonara Fusilli pasta with bacon lardons, peppers and mushrooms cooked in a white sauce Peach Muffin	Bread Sticks	Ham and Salad wholemeal wraps Banana
Tuesday	Banana and Pineapple Smoothie Organic Toast	Fresh Fruit	Fish Pie Cod loin with peas and sweetcorn cooked in a white sauce and topped with creamy mashed potato Greek yoghurt and honey	Rice cakes	Cheese and crackers, carrot and cucumber sticks with roast tomato and garlic hummus Flapjacks
Wednesday	Organic Porridge Organic Toast	Bread Sticks	Beef Stew & Dumplings served with vegetables and mashed potato Melon slices	Fresh Fruit	Roasted vegetable couscous Chocolate muffins
Thursday	Breakfast Cereal Bar Made with oats, blueberries and honey Organic Toast	Fresh Fruit	Vegetable Curry made from butternut squash, chickpeas and tomatoes, served with rice Bread & Butter Pudding	Corn cakes	Savoury Cheese & Spinach Scone Raspberry yoghurt
Friday	Breakfast Muffins Egg muffins with bacon and tomato Organic Toast	Breadsticks	Chicken & Butterbean Casserole diced chicken, butterbeans and carrots in a tomato sauce, served with potato wedges Apricot traybake	Carrot and cucumber sticks	Crumpets Fruit Salad



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<i>Week Four</i>	<i>Breakfast</i>	<i>Morning Snack</i>	<i>Lunch</i>	<i>Afternoon Snack</i>	<i>Tea</i>
<i>Monday</i>	Scrambled Eggs and Tomatoes with Organic Toast	Corn Cakes	Tomato & Mixed Bean Pasta Fusilli pasta with butterbeans, haricot and cannellini beans in a tomato sauce Rhubarb and custard	Carrot and Cucumber sticks	Cheese and crackers Apricots and raisins
<i>Tuesday</i>	Organic Porridge Organic Toast	Fresh Fruit Pieces	Turkey, Leek & Lentil Bake diced turkey, leeks, carrots and lentils in a vegetable gravy, served with baby potatoes Greek yoghurt and honey	Rice cakes	Beans on Toast Apricot Muffins
<i>Wednesday</i>	Mango, strawberry and yoghurt smoothie Organic Toast	Bread Sticks	Veggie Bake Cauliflower, broccoli and carrots baked in a rich cheese sauce, served with couscous Apple crumble and cream	Fresh Fruit	Crumpets Banana
<i>Thursday</i>	Breakfast Cereal Bar Made with oats, blueberries and honey Organic Toast	Carrot and cucumber sticks	Sweet and Sour Chicken Served with Rice Fruit Salad	Corn cakes	Roasted vegetable couscous Coconut macaroon
<i>Friday</i>	Organic Porridge Organic Toast	Fresh fruit pieces	Chilli con Carne served with a jacket potato Yoghurt and raspberries	Kraka Wheat	Sandwiches with a choice of fillings Cherry Scones

