

WEEKLY MENU

Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|--|
| Breakfast Club  | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts |
| Morning Snack  | Fresh fruit, Raisins and Rich Tea biscuit | Breadsticks, Raisins, sliced Apple or Carrot batons | Mini Cheddars sliced Pear, Raisins and Grapes | Crackers and Cheese with sliced Apples Oranges, Pears | Rice Cakes, fresh Grapes, Raisins and Cucumber Fingers |
| Morning Drinks | Water/Juice | Water/Juice | Water/Juice | Water/Juice | Water/Juice |
| Lunch: Main  | Beef casserole with boiled potatoes and vegetables | Creamy Tomato & Herb pasta bake with vegetables | Roast chicken, roast potatoes, Yorkshire pudding, gravy and vegetables | Sausage, fluffy mash and baked beans | Fish fingers, chips and spaghetti |
| Lunch: Vegetarian  | Quorn beef casserole with boiled potatoes and fresh vegetables | Creamy Tomato & Herb pasta bake with vegetables | Quorn roast chicken, roast potatoes, Yorkshire pudding, gravy and fresh vegetables | Linda McCartney sausage, fluffy mash and baked beans | Fish fingers, chips and spaghetti |
| Lunch: Dairy Free option  | Beef casserole with boiled potatoes & vegetables | Dairy free tomato and herb pasta bake with vegetables | Same as main dinner "no Yorkshire puddings" | Sausage, Potatoes and Baked Beans | Fish Fingers, Chips and spaghetti |
| Dairy Free Dessert | Banana | Fresh Fruit | Fresh Fruit Cocktail | Dairy Free Yoghurts | Jelly |
| Lunch: Dessert  | Banana | Chocolate brownie and Custard | Fresh fruit cocktail | Strawberry angel delight | Strawberry, lime, orange and blackcurrant Jelly |
| Lunchtime Drinks | Water/Juice | Water/Juice | Water/Juice | Water/Juice | Water/Juice |
| Afternoon Tea  | Rice Cakes, Cheese Triangles, fresh Fruit | Selection of Sandwiches – Ham, Chicken, Cheese, Jam & Fruit | Muffins and butter with fresh Orange slices | Crackers with soft Cream Cheese. Carrot batons, sliced Pear | Sandwiches and Melba Toast, fresh Carrot sticks. |
| Afternoon Drinks | Water/Milk | Water/Milk | Water/Milk | Water/Milk | Water/Milk |

WEEKLY MENU

Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|--|
| Breakfast Club  | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts |
| Morning Snack  | Cheese Straws, Raisins, fresh Grapes or Apple slices | Cracker Bread with fresh sliced Pear and Raisins | Breadsticks with fresh Cucumber fingers and Orange slices | Mini Cheddars with Cheese Cubes, Raisins and fresh Cherry Tomatoes | Pitta Bread with Houmous, fresh Pepper and Carrot sticks with Raisins |
| Morning Drinks | Water/Juice | Water/Juice | Water/Juice | Water/Juice | Water/Juice |
| Lunch: Main  | Chicken korma with white rice and fresh vegetables | Meatballs with spaghetti pasta in homemade tomato sauce | Four cheese pizza, oven baked potato wedges and spaghetti | Chicken nuggets, chips and beans | Fish cake, roasted potatoes and beans |
| Lunch: Vegetarian  | Quorn chicken korma with white rice and fresh vegetables | Four cheese pizza, oven baked potato wedges and spaghetti | Quorn meatballs with spaghetti pasta in homemade tomato sauce | Quorn chicken nuggets, chips and beans | Fish cake, roasted potatoes and beans |
| Lunch: Dairy Free option  | Dairy free Chicken Korma White rice & Vegetables | Meatballs with Spaghetti in a Bolognese sauce | Plant Chef Margherita Pizza oven baked potato wedges & spaghetti | Chicken Nuggets, Chips & Beans | Fish Cakes Roast Potatoes & Baked Beans |
| Dairy Free Dessert | Dairy Free Yoghurt | Banana | Fresh Fruit | Fresh Fruit Cocktail | Dairy Free Cake |
| Lunch: Dessert  | Fromage fraise | Banana | Chocolate log and custard | Fruit cocktail | Angel Slice |
| Lunchtime Drinks | Water/Juice | Water/Juice | Water/Juice | Water/Juice | Water/Juice |
| Afternoon Tea  | Toasted Bagel, Cream Cheese, Cucumber slices and Raisins | Rice Cakes with Cream Cheese. Crudités and fresh fruit platter | Wholemeal Toast with Butter, Ham, diced Apple and Raisins | Selection of Sandwiches – Ham, Chicken, Cheese, Jam Fruit | Muffins and butter, fresh Orange Slices |
| Afternoon Drinks | Water/Milk | Water/Milk | Water/Milk | Water/Milk | Water/Milk |

Week 3

WEEKLY MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
| Breakfast Club  | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts |
| Morning Snack  | Breadsticks and Crudites with Houmous, fresh Orange segments and Raisins | Rice Cakes with sliced Ham, fresh Apple slices and Raisins | Crackers with Cheddar Cheese Cubes, Cucumber fingers and Raisins | Cheese Straws with sliced fresh Peppers, fresh Pear segments and Raisins | Melba Toast with Dairylea Triangles, fresh Lettuce, Cucumber and Cherry Tomatoes |
| Morning Drinks | Water/Juice | Water/Juice | Water/Juice | Water/Juice | Water/Juice |
| Lunch: Main  | Spaghetti Bolognese with homemade tomato sauce and fresh vegetables | Sausage casserole, boiled potatoes and fresh vegetables | Creamy Chicken Pasta Bake with a breadcrumb topping | Fish finger, oven baked wedges and spaghetti | Chicken Breast, chips and beans |
| Lunch: Vegetarian  | Quorn spaghetti Bolognese with homemade tomato sauce and fresh vegetables | Linda McCartney sausage casserole, boiled potatoes and fresh vegetables | Vegetarian pasta bake | Fish finger, oven baked wedges and spaghetti | Quorn chicken Breast, chips and beans |
| Lunch: Dairy free Option  | Spaghetti Bolognese with Vegetables | Sausage Casserole with Boiled Potatoes & Vegetables | Dairy Free Chicken Pasta Bake with a Breadcrumb topping | Fish Fingers Potato Wedges and Spaghetti | Chicken Breast Chips and Baked Beans |
| Dairy Free Dessert | Banana | Dairy Free Yoghurts | Jelly | Fresh Fruit Cocktail | Fresh Fruit |
| Lunch: Dessert  | Banana | Fromage fraise | Strawberry, lime, orange and blackcurrant Jelly | Strawberry Angel Delight | Jam and cream filled Swiss roll and Custard |
| Lunchtime Drinks | Water/Juice | Water/Juice | Water/Juice | Water/Juice | Water/Juice |
| Afternoon Tea  | Wholemeal Toast with a variety of toppings and fruit | Pitta Bread and Dairylea Triangles, Cucumber, Tomatoes and Apple slices | Hot Dogs in finger buns, fresh salad with fresh fruit segments | Selection of Wholemeal Sandwiches – Cheese, Chicken, Ham, Jam and fruit | Crumpets with butter and cheese with fresh fruit |
| Afternoon Drinks | Water/Milk | Water/Milk | Water/Milk | Water/Milk | Water/Milk |

**Fresh Salad, Yoghurts, Cheese and Biscuits and Drinks will be available on a daily basis
*All diners have Dairy Free alternatives and individual dietary needs will be catered for
Babies may have an alternative meal plans in place (see daily record)

We will endeavour to provide this menu although it could be subject to change

THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT WWW.TWIXUS.CO.UK

Week 4

WEEKLY MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|--|
| Breakfast Club  | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts | A selection of cereals, toast with various spreads, fresh fruit and yoghurts |
| Morning Snack  | Crackers with butter, Cucumber fingers, Raisins and sliced Apple | Mini Cheddars with Cheddar Cheese cubes, fresh Cherry Tomatoes and Raisin | Cheese Straws, fresh Grapes or sliced Apple and Raisins | Rice Cake, fresh slices of Apples and Oranges or Carrot batons | Bread Sticks, fresh Cucumber slices, Cherry Tomatoes or sliced Pear |
| Morning Drinks | Water/Juice | Water/Juice | Water/Juice | Water/Juice | Water/Juice |
| Lunch: Main  | Sweet n sour chicken, white fluffy and fresh vegetables | Fish cake, crispy potatoes and spaghetti | Toad in the hole with mash and Onion gravy | Creamy Tomato & Herb pasta bake and fresh vegetables | Four cheese pizza, oven baked potato wedges and beans |
| Lunch: Vegetarian  | Quorn Sweet n sour chicken, white fluffy rice and fresh vegetables | Fish cake, crispy potatoes and spaghetti | Toad in the hole with Linda McCartney sausage, mash and Onion gravy | Creamy Tomato & Herb pasta bake and fresh vegetables | Four cheese pizza, oven baked potato wedges and beans |
| Lunch: Dairy Free Option  | Sweet and Sour Chicken White Rice & Vegetables | Fish Cakes Crispy Potatoes & Spaghetti | Sausage Potatoes, Vegetables and Gravy | Dairy Free Tomato and Herb Pasta Bake with Vegetables | Plant Chef Margherita Pizza Oven Baked Potato Wedges & Spaghetti |
| Dairy Free Dessert | Banana | Dairy Free Yoghurt | Jelly | Fruit Cocktail | Fresh Fruit |
| Lunch: Dessert  | Banana | Strawberry angel delight | Fromage fraise | Fresh fruit cocktail | Chocolate log with cream filling and custard |
| Lunchtime Drinks | Water/Juice | Water/Juice | Water/Juice | Water/Juice | Water/Juice |
| Afternoon Tea  | Crumpets with butter and sliced fresh fruit | Melba Toast Cream Cheese or Hummus with fresh Carrot Stick and sliced Peppers | Selection of Sandwiches – Ham, Chicken, Cheese, Jam and Fruit | Wholemeal Toast with a variety of toppings and fresh sliced Pear | Crackers with Cream Cheese, Cucumber Fingers and Fruit |
| Afternoon Drinks | Water/Milk | Water/Milk | Water/Milk | Water/Milk | Water/Milk |

| Weekly Menu Plan | | | |
|------------------|----------|----------|----------|
| Menu 1 | Menu 2 | Menu 3 | Menu 4 |
| 28.09.20 | 5.10.20 | 12.10.20 | 19.10.20 |
| 02.11.20 | 09.11.20 | 16.11.20 | 23.11.20 |
| 30.12.20 | 07.12.20 | 14.12.20 | |