**Pear Tree Sample Winter Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 4** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | A choice of cereal and toast | A choice of cereal and toast | A choice of cereal and toast | A choice of cereal and toast | A choice of cereal and toast |
| Allergens | Cereals containing gluten. Milk | Cereals containing gluten. Milk | Cereals containing gluten. Milk | Cereals containing gluten. Milk | Cereals containing gluten. Milk |
| Morning snack | A choice of fresh fruit | A choice of fresh fruit | A choice of fresh fruit | A choice of fresh fruit | A choice of fresh fruit |
| Allergens |  |  |  |  |  |
| Lunch | Creamy Chicken Korma served with white rice and warm nan bread. Side dish of seasonal veg. | Haddock topped with a tomato and hidden vegetable sauce served on a bed of rice and green beans | Mince and tatties served with carrots and peas | Courgette and mozzarella vegetarian lasagne with carrot and cucumber sticks and tomato bread | Steak pie served with new potatoes and seasonal vegetables |
| Allergens | Cereals containing gluten, Milk | Fish |  | Cereals containing gluten, Milk | Cereals containing gluten, Milk |
| Afternoon snack | Slow cooked bolognaise sauce served with spaghetti with mixed vegetan | Butternut squash, sweet potato and seasonal veg Soup with crusty homemade bread with melted mozzarella | Slow cooked chicken and bean casserole with creamy mash and seasonal vegetables | Homemade cheese, tomato and sweetcorn pizza | Fish cakes with homemade baked beans |
| Allergens | Cereals containing gluten, Milk | Cereals containing gluten | Milk | Cereals containing gluten, Milk | Cereals containing gluten, fish |