# Merlin Weekly Menu- Week A

*Week commencing: Monday 2nd November and Monday 23rd November*

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| Homemade pumpkin and carrot soup with sprinkle your own toasted seeds and sourdough bread<br><br>Vegetable and cheese sticks<br><br>Apple and beetroot loaf | Lemon and herb roasted chicken drumsticks with potato wedges<br>**For our vegetarian children: Roasted vegetable and butterbean traybake with roasted new potatoes*<br><br>Steamed broccoli<br><br>Stewed apples and pears with crunchy oat topping and cream | Cauliflower, spinach and chickpea curry with brown rice<br><br>Cucumber and tomato salad<br><br>Greek yoghurt with spiced autumn fruit puree | Wholemeal pesto pasta chicken with grated cheese<br>**For our vegetarian children: Wholemeal pesto roasted vegetable pasta with grated cheese*<br><br>Cucumber sticks and humous<br><br>Seasonal fruit salad |
| Pre-School Afternoon Snack | Pre-School Afternoon Snack | Pre-School Afternoon Snack | Pre-School Afternoon Snack |
| Oatcakes, cheese cubes and pear wedges | Boiled eggs, toast fingers and carrot batons | Wholemeal tortilla roll-up pieces with soft cheese and grated carrot | Seasonal fruit compote with plain Greek yoghurt and rice cakes |

Picnic lunch provided for Pre-School on Friday
Please note that children with special dietary requirements are always catered for.
Fresh seeded sourdough bread and fruit are served with every meal.
This menu is subject to change.

# Merlin Weekly Menu- Week B

*Week commencing: Monday 9th November and Monday 30th November*

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| Lentil cottage pie | Homemade meatballs in a tomato sauce with herby couscous<br>**For our vegetarian children: Homemade lentil "meatballs" in a tomato sauce* | Three bean chilli with brown rice, grated cheese and oven baked tortilla chips | Homemade chicken burger with tomato and shredded lettuce in a wholemeal bun<br>**For our vegetarian children: Homemade veggie burger* |
| Steamed Cauliflower | Roasted carrots | Rainbow pepper sticks | Sweet potato wedges |
| Homemade banana and coconut biscuits | Apple and cinnamon bake with cream | Homemade blackberry Greek yoghurt cheesecake | Fresh fruit selection |
| Pre-School Afternoon Snack | Pre-School Afternoon Snack | Pre-School Afternoon Snack | Pre-School Afternoon Snack |
| Wholemeal toast fingers and apple slices | Banana slices and oat cakes | Vegetable sticks with houmous and oat flapjack bites | Cheese and cucumber sticks with wholegrain crackers |

Picnic lunch provided for Pre-School on Friday
Please note that children with special dietary requirements are always catered for.
Fresh seeded sourdough bread and fruit are served with every meal.
This menu is subject to change.

# Merlin Weekly Menu- Week C

*Week commencing: Monday 16th November, Monday 7th December*

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| Homemade tomato and basil soup with garlic sourdough garlic bread<br>**Note to parents: Soup contains blended red lentils for added protein* | Chicken and spinach curry with brown rice<br>**For our vegetarian children: Vegetable and chickpea curry* | Wholemeal pasta with roasted vegetables with parmesan cheese | Chicken, leek and root vegetable puff pastry pie<br>**For our vegetarian children: Root vegetable, bean and cheese puff pastry pie* |
| Carrot and cucumber batons | Peas | Pepper sticks and lentil dip | Steamed broccoli |
| Pumpkin seed flapjacks | Greek yoghurt with honey and oat topping | Cranberry and apricot rock cakes | Apple and Pear wedges |
| Pre-School Afternoon Snack | Pre-School Afternoon Snack | Pre-School Afternoon Snack | Pre-School Afternoon Snack |
| Cheese finger sandwiches with cucumber sticks | Carrot sticks with lentil dip and oatcakes | Mini pitta pockets with houmous and cucumber | Mini savoury egg and potato muffins with halved cherry tomatoes |

Picnic lunch provided for Pre-School on Friday
Please note that children with special dietary requirements are always catered for.
Fresh seeded sourdough bread and fruit are served with every meal.
This menu is subject to change.

# Merlin Weekly Menu

## Wednesday 9th December

| Wednesday |
| --- |
| ***Christmas Lunch!***  Roast chicken with roast potatoes, cocktail sausages, stuffing and gravy **For our vegetarian children: Butterbean fritte with vegetarian sausages*<br><br>Brussels sprouts, carrots and peas<br><br>Satsumas, mince pies and ice cream |
| Pre-School Afternoon Snack |
| Banana slices and oatcakes |

Please note that children with special dietary requirements are always catered for.
Fresh seeded sourdough bread and fruit are served with every meal.
This menu is subject to change.