

reflections

NURSERY AND FOREST SCHOOL

Winter Menu 2024

Meal 1

Chicken, leek & mushroom pie with side greens

Puff pastry, onion, garlic, carrot, green beans, milk (VE/GF/DF alternative)

Spiced flapjack GF/DF/V

oats, mixed spices, vegan butter, sultanas, fig, honey (VE alternative)

Margherita pizza on Ciabatta base v (Wise owls choice)

Flour, basil, oregano, mozzarella cheese, tomato (VE/GF/DF alternative)

Pineapple cake V/DF

flour, honey, vegan spread, eggs, pineapple (VE, GF alternative)

Meal 2

Three Bean chilli served with couscous VE/DF

Black beans, red kidney beans, haricot beans, peppers, carrot, onion (GF alternative)

Baked apple & pears with honey V/GF/DF

Cinnamon, honey (VE alternative)

Cod Risotto GF

Onion, peas, parsley, lemon, cheddar cheese, fennel (VE/DF alternative)

Fruit tea loaf v (Wise owls choice)

Flour, orange, Vegan spread, sultanas, fig, (GF/DF alternative)

Meal 3

Massaman beef curry with basmati rice GF/DF

Minced beef, curry paste, coconut milk, potato, carrot, green beans (VE alternative)

Greek yoghurt with banana slices GF/V

(VE/DF alternative)

Broccoli & Cheese Jacket Potato Boats GF/V

Carrot, peas, corn, broccoli, new potato, cheddar cheese (VE/DF alternative)

Orange cake V/DF

flour, egg, honey, vegan butter (GF/VE alternative)

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Meal 4

Moroccan veggie Tagine *VE/GF/DF*

Tomato, chickpeas, sweet potato, russet potatoes, squash, carrot, onion, parsley

Fruit Salad *GF/DF/VE*

apple, pear, orange, melon, watermelon, pomegranate

Penne pasta bake with marinara sauce *V (Wise owls choice)*

onion, garlic, cheese, carrots, tomato, basil, peas (GF/VE/DF alternative)

Apple strudel *DF/V*

Flour, apple, honey (GF/VE alternative)

Meal 5

Atlantic cod fish Pie with side greens

Cod, potato, milk, flour, parsley, dill, peas, carrots, green beans (GF/VE/DF alternative)

Fruit salad *GF/DF/VE*

apple, banana, pear, orange, melon, pineapple, mango, papaya

Tuscan minestrone with orzo pasta *DF/VE*

Borlotti beans, savoy cabbage, kale, squash, potato, tomato (GF alternative)

Spiced banana bread *DF/V*

vegan spread, eggs, flour, honey, mixed spices, nutmeg, cinnamon (VE/GF alternative)

GF – GLUTEN FREE

DF – DAIRY FREE

V – VEGETARIAN

VE – VEGAN