



YOUR MENU @

**REBECCA
CHEETHAM**

----- Autumn - Winter 2024/25 -----

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Swedish Meatballs with Jacket Wedges	Lamb Lasagne served with Garlic Bread PB	Roast Chicken & Stuffing served with Roast Potatoes	'Fishwich' with Salad & 'Slaw	Fish Fingers with Chips
Choice 2	Oriental Quorn Stir Fry with Noodles V	Cheese & Onion Slice with Mashed Potatoes V	Quorn Fillet & Stuffing served with Roast Potatoes V	Cheese & Tomato Pizza V	Spinach & Feta Whirl with Chips V
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit* V	Banana Slice* SS V	Mango Rice Pudding* SS V	Apple & Cinnamon Crumble with Custard* SS V	Fruit, Jelly with Ice Cream* V

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 1

Dates: 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27nd Jan, 24th Feb, 17th Mar

HALAL MEAT IS SERVED AT THIS SCHOOL

KEY: **V** - Vegetarian **PB** - Plant Based **SS** - Sugar Smart
* - (Egg Free Dessert Recipe)

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----- Autumn - Winter 2024/25 -----

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken Sausages With Mashed Potatoes	Piri Piri Glazed Chicken with Rice	Roast Chicken served with Yorkshire Pudding & Roast Potatoes	Lamb & Vegetable Biryani & Dhal	Fish in Batter with Jacket Wedges
Choice 2	Cauliflower Bites with Savoury Rice PB	Vegetarian Pie PB	Spicy Mixed Bean Chilli with Rice V	Creamy Cauli Mac & Cheese & Peas V	Quesadilla with Chips PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Strawberry Mousse with Fresh Fruit* V	Fruit Pudding & Custard* SS V	Cherry Cheesecake* V	Lemon & Courgette Cake with Custard* SS V	Fruit Trifle* V

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 2

Dates: 11th Nov, 2nd Dec, 13th Jan, 3rd Feb, 3rd Mar, 24th Mar

HALAL MEAT IS SERVED AT THIS SCHOOL

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart

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----- Autumn - Winter 2024/25 -----

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Lamb Burger in a Bun & Jacket Wedges	Greek Souvlaki Chicken with Rice	Roast Lamb & Yorkshire Pudding with Roast Potatoes	Lamb Bolognese Bake with Garlic Bread	Fish Fingers with Jacket Wedges
Choice 2	Southern Style Burger in a Bun with Salad PB	Chickpea & Sweet Potato Curry with Rice V	Spicy Mixed Bean Chilli with Rice PB	Veggie Brunch with Hash Brown PB	Roast Mediterranean Vegetable Tart with Jacket Wedges PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt With Fruit* V	SS Carrot Cake* V	Fruit Smoothie* PB	SS Chocolate Sponge & Chocolate Custard* V	Fruit & Ice Cream* V

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 3

Dates: 18th Nov, 9th Dec, 20th Jan, 10th Feb, 10th Mar, 31st Mar

HALAL MEAT IS SERVED AT THIS SCHOOL

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart

* - (Egg Free Dessert Recipe)

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REBECCA CHEETHAM NURSERY BREAKFAST MENU

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Toast with butter	Toast with butter	Teas cakes	Crumpets	Toast with butter
	Selection of cereal (Porridge, Weetabix, rice krispies, shreddies)				

REBECCA CHEETHAM NURSERY TEAS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrambled eggs and salad with wholemeal bread	Tomato soup served with croutons	Vegetarian cheese sandwiches served with fresh salad	Fish fingers with baked beans and wholemeal bread	Pita bread served with humus, carrots, tomatoes and cucumber sticks
Fresh fruit and yoghurt will be available				
WEEK 1 : 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27nd Jan, 24th Feb, 17th Mar				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Easy oven frittata with a salad in olive oil and lemon juice dressing	Vegetable soup with croutons	Fusili pasta with tuna, cucumber and sweetcorn and cheese	Vegetarian cheese sandwiches served with fresh salad tossed in lemon juice and olive oil	Rolls with melted cheese and sweetcorn with salad
Fresh fruit and yoghurt will be available				
WEEK 2: 11th Nov, 2nd Dec, 13th Jan, 3rd Feb, 3rd Mar, 24th Mar				

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fish fingers with baked beans and wholemeal bread	Tomatoe soup with croutons	Tuna/cream cheese with bagels	Pita bread served with humus, carrots, tomatoes and cucumber sticks	Scrambled eggs and salad with wholemeal bread
	Fresh fruit and yoghurt will be available				
WEEK 3: 18th Nov, 9th Dec, 20th Jan, 10th Feb, 10th Mar, 31st Mar					

TEA MENU DATES

WEEK 1 : 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27nd Jan, 24th Feb, 17th Mar
 WEEK 2: 11th Nov, 2nd Dec, 13th Jan, 3rd Feb, 3rd Mar, 24th Mar
 WEEK 3: 18th Nov, 9th Dec, 20th Jan, 10th Feb, 10th Mar, 31st Mar

SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cucumber sticks with houmous	Carrot sticks & Yogurt	Rice cakes with Philadelphia	Breadsticks with houmous	Rice cakes with Philadelphia
	Fresh fruit				