

Great Wood Farm Menu

	Monday 14th September	Tuesday 15th September	Wednesday 16th September	Thursday 17th September	Friday 18th September
Breakfast (8-8.45am) Options Available	Cereal, Porridge Crumpets, Fresh Fruit, Toast, Scrambled Egg	Cereal, Porridge Crumpets, Fresh Fruit, Toast, Scrambled Egg	Cereal, Porridge Crumpets, Fresh Fruit, Toast, Scrambled Egg	Cereal, Porridge Crumpets, Fresh Fruit, Toast, Scrambled Egg	Cereal, Porridge Crumpets, Fresh Fruit, Toast, Scrambled Egg
Morning Snack Milk or Water	Rice Cakes, Cream Cheese & Banana	Breadsticks & Houmous	Crispbread, Cottage Cheese & Pineapple Pieces	Cheesy Whole Wheat Muffins & Cucumber Sticks	Greek Yoghurt & Homemade Maple Granola
Lunch (12pm)	Smoky Chicken, Pepper & Chorizo Ragu & Tagliatelle Greek Yoghurt & Peach Melba	Roast Gammon, Roast Potatoes, Cauliflower & Broccoli Cheese & Gravy Apples & Pears	Tomato & Vegetable Sauce & Pasta Multigrain Crackers & Cheese	Naan Bread, Mini Poppadoms & Raita Chicken & Vegetable Curry & Rice	Beef Stew, Herby Diced Potatoes & Cabbage Mixed Berry Crumble & Cream
Afternoon Snack Milk or Water	Crackers & Cheese	Oatcakes, Dairy Lea & Grapes	Banana's & Tangerines	Melba Toast & Mackerel Pate	Crumpet & Marmite
Tea (4pm)	Whole Wheat Hoops on Toast Fresh Fruit Selection	Fish Finger Rolls, Mini Hash Brown Bites, Corn on the Cob Vegan Chocolate & Banana Loaf	Lamb & Vegetable Tagine & Couscous Melon Medley	Leek & Potato Soup, Crusty Bread & Butter Greek Yoghurt & Apple & Blueberry Compote	Mediterranean Vegetable Lasagne & Garlic Bread Fresh Fruit Selection



Water and fresh fruit is available throughout the day and at meal times. Menu may change occasionally without notice due to availability from our suppliers/garden.

All meals are freshly made in our on-site kitchen using good quality meats and local produce where possible, all sauces are homemade without refined sugar.

All foods are freshly made using only natural sweeteners and no added sugar. All meals are adapted for dietary/allergy/religious needs where possible.

