

# Kids in Bloom New Winter Menu



[www.kidsinbloom.co.uk](http://www.kidsinbloom.co.uk)

# Kids In Bloom Winter Menu **Week One**

## Monday

**Breakfast** Weetabix with banana and milk

**Lunch** Tagliatelle pasta with broccoli, green beans and peas

**Snack** Selection of fruit

**Tea** Baked ham and cheese wraps



## Tuesday

**Breakfast** Scrambled egg, beans and toast fingers

**Lunch** Chicken & Vegetable Soup with Tiger Bread

**Snack** Choice of seasonal Fruit

**Tea** Cheese salad barm cakes



## Wednesday

**Breakfast** Crumpets with butter and low sugar jam

**Lunch** Scouse with beetroot & red cabbage & warm French sticks

**Snack** Choice of seasonal Fruit

**Tea** Ham salad and cream cheese crackers



## Thursday

**Breakfast** Mixed cereal's with warm milk

**Lunch** Fish fingers, mash and beans

**Snack** Choice of seasonal Fruit

**Tea** Tuna & mayo mini pittas



## Friday

**Breakfast** Warm croissants

**Lunch** Pasta bolognese with come and find me vegetables.

**Snack** Choice of seasonal Fruit

**Tea** Cheesy beans on toast



Kids in Bloom will always provide a suitable alternative for

\* Special Dietary Requirements \* Food Allergies \* Cultural Observances



# Kids In Bloom Winter Menu **Week Two**

## Monday

**Breakfast** Warm brioche with a glass of milk

**Lunch** Special fried rice with sweet & sour sauce

**Snack** Choice of seasonal Fruit

**Tea** Ham salad and cream cheese crackers



## Tuesday

**Breakfast** Choice of cereal with warm/cold milk

**Lunch** Jacket potato halves with various fillings

**Snack** Choice of seasonal Fruit

**Tea** Homemade tomato soup with fresh garlic croutons



## Wednesday

**Breakfast** Beans on toast

**Lunch** Chicken Korma with basmati rice and naan bread fingers

**Snack** Choice of seasonal Fruit

**Tea** Tuna & Mayo sandwiches on wholemeal bread



## Thursday

**Breakfast** Yoghurt & sliced fresh fruit & honey

**Lunch** Winter warmer kiddi chilli con carne with rice, sour cream and tortillas

**Snack** Choice of seasonal Fruit

**Tea** Wraps with ham & mayo or chicken & mayo with shredded lettuce

## Friday

**Breakfast** Scrambled egg on toast

**Lunch** Roast chicken dinner with all the trimmings

**Snack** Choice of seasonal Fruit

**Tea** Platter of cracker breads with butter, ham, cheese salad



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# Kids In Bloom Winter Menu **Week Three**

## Monday

**Breakfast** Creamy Oaty Porridge

**Lunch** Chinese chicken curry with boiled rice

**Snack** Choice of seasonal Fruit

**Tea** Homemade chicken & vegetable soup



## Tuesday

**Breakfast** Scrambled egg, beans and toast fingers

**Lunch** Minced beef & onion with creamy mash & peas

**Snack** Choice of seasonal Fruit

**Tea** Cheesy beans on toast



## Wednesday

**Breakfast** Cereals with a choice of warm or cold milk

**Lunch** Homemade meatballs in herby tomato sauce & penne pasta

**Snack** Choice of seasonal Fruit

**Tea** Chinese chicken & noodle soup

## Thursday

**Breakfast** Hot buttery crumpets with low sugar jam

**Lunch** Spaghetti Prima Vera with bacon lardons & garlic bread.

**Snack** Choice of seasonal Fruit

**Tea** Sandwich selection including –  
Tuna, Ham, Cheese Salad



## Friday

**Breakfast** Greek yogurt with fresh fruit and honey

**Lunch** Roast beef dinner with all the trimmings

**Snack** Choice of seasonal Fruit

**Tea** Toasted pitta pockets filled with cheese & ham

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# Kids In Bloom Winter Menu **Week Four**

## Monday

**Breakfast** Creamy Oaty Porridge

**Lunch** Creamy pasta & Veg with basil pesto & garlic bread.

**Snack** Choice of seasonal Fruit

**Tea** Roast red pepper & tomato soup with homemade garlic croutons



## Tuesday

**Breakfast** Weetabix with banana and a choice of warm or cold milk

**Lunch** Jacket potato with a choice of filing

**Snack** Choice of seasonal Fruit

**Tea** Chicken, Mayo & lettuce wraps



## Wednesday

**Breakfast** Warm brioche with a mug of warm chocolate milk

**Lunch** Homemade lasagne with garlic bread

**Snack** Choice of seasonal Fruit

**Tea** Ham & Mayo pitta pockets



## Thursday

**Breakfast** Creamy Oaty Porridge

**Lunch** Homemade leek & potato soup with crunchy warm French bread

**Snack** Choice of seasonal Fruit

**Tea** Cheesy beans on toast

## Friday

**Breakfast** Scrambled egg & toast fingers

**Lunch** Vegetable goujons with creamy mash potatoes & beans.

**Snack** Choice of seasonal Fruit

**Tea** Tuna mayo & sweetcorn pasta swirls



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