

Autumn menu

WEEK 1



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit
Mid-morning snack	A selection of either fresh fruit, vegetables, breadsticks and crackers are served with fresh milk and water				
Lunch	Cod pie topped with sweet potato mash and broccolli	Macarroni cheese with sweetcorn, peas and garlic bread	Vegetable pasta bake served with broccoli	Beef curry or quorn thai curry and white rice and peas	Chicken & mushroom with vegables and cous cous
Pudding	Energy Boosting smoothie	Fruity cake	Fruit and jelly	Fruit yogurts	Custard and banana
Tea	Chicken roll with tomatoes and cucumber slices	Vegetable soup and toast	Assorted Sandwiches and salad	Pitta bread with humous, ham and cherry tomatoes	Margarita pizza with broccolli trees
Pudding	Fruit platter	Yoghurt & Fruit	Melon and satsuma	Pancake and raisin	Fruit shortbread
Note: Fresh drinking water will be available and accessible at all times. Milk and water will be provided in all meals					

Autumn menu

WEEK 2



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit
Mid-morning snack	A selection of either fresh fruit, vegetables, breadsticks and crackers are served with fresh milk and water				
Lunch	Vegetable curry and rice	Courgette & quinoa stuffed peppers.	Sweet & Sour chicken Noodles Prawn crackers.	Turkey mince spaghetti bolgness	Chicken (mixed beans) casserole with root vegetables served with mashed potato
Pudding	Autum fruit smoothie	Yoghurt with Autum berry puree	Fruit yogurts	Pineapple with greek yogurt	Autumn fruit platter
Tea	Beans, pitta bread with vegetables	Assorted sandwiches with salad	Vegetable Pizza and Salad	Fish fingers with potato wedges & carrot sticks	Tomato and garlic soup
Pudding	Homemade apple slice	Fruit salad	Pears and apple	Custard and bananas	Melon and peach slices

Note: Fresh drinking water will be available and accessible at all times. Milk and water will be provided in all meals

Autumn menu

WEEK 3



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit	A choice of cereals, wholemeal toast, or fresh Fruit
Mid-morning snack	A selection of either fresh fruit, vegetables, breadsticks and crackers are served with fresh milk and water				
Lunch	Spaghetti bolognaise Garlic bread	Tuna & cheese potato pie Mixed vegetables	Cannellini beans with basmati rice and vegetables	chicken & mixed bean hotpot Green beans	Thai curry with vegetables, red lentils served with noodles
Pudding	Custard and banana	Strawberrie & cream	Muesli dessert	Rice pudding with dried fruit	Fruit yougurts
Tea	Wholemeal pitta breads with choice of different fillings	Scrambled Egg on Toast	Fishcake , wedges with cherry tomotoe	Jacket potatoes with tuna mayonnaise with cucumber	Chicken & vegetable soup served with crusty thyme bread
Pudding	Grapes and melon	Jelly and Fresh Fruit	Yoghurt or Fresh Fruit	Mixed fruit	Fruit Crumble and Custard

Note: Fresh drinking water will be available and accessible at all times. Milk and water will be provided in all meals