

Autumn/Winter Menu

WEEK ONE

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals with Whole milk and Raisins Water	Wholemeal bread spread with sliced banana Whole milk	A selection of cereals with Whole milk and Apricots Water	Plain Yogurt and Malt loaf with spread Orange juice	A selection of cereals with Whole milk and Berries Water
Mid-morning snack	Apple & Pear slices, Water	Rice cakes & Banana, Water	White Bread & spread with Grapes Water	Toasted Bagel with spread Whole Milk	Wholemeal Toast with spread & Grapes Water
Lunch	Fish cakes, mashed sweet potato and peas, with the option of parsley sauce Fresh Pineapple slices Water	Quorn & Lentil Bolognaise served with white spaghetti Fruit loaf with spread, Water	Roast Chicken, Tomato & Basil sauce with boiled potatoes, red cabbage, carrots and parsnips Yoghurt with dates Water	Chickpea Curry with brown rice & Coriander salad Fresh Oranges Water	Tuna pasta bake with garlic bread & A fresh green leafy salad Carrot Cake Water
Mid-afternoon snack	Sugar Snap Peas & Houmous Water	Breadsticks & Cherry Tomatoes Whole Milk	Toasted Bagel & Spread with Water	Tsatziki & Carrot Sticks, Water	Sliced Peaches & Rice Cakes Whole Milk
Tea	Chicken Risotto served with grated Cheddar cheese Banana Buns Water	Salmon And salad on white bread. Seasonal Fruit Salad Water	Vegetable soup served with wholemeal bread and spread Apple & Pear Slices Water	Baked Potato sprinkled with mild cheddar cheese & Toasted Cherry Tomatoes Blueberry Muffins Water	Spaghetti hoops served on Wholemeal bread with spread Melon Boats Water

