

## Autumn/Winter Menu

## WEEK TWO

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	Breadsticks & Cherry Tomatoes, Whole Milk	Sugar Snap Peas & Houmous, Water	Tsatziki & Cucumber Sticks, Water	Sliced peaches & Rice cakes, Whole milk	Toasted Bagel & Spread with Strawberries, Water
Lunch	Roast Chicken, new potatoes, Broccoli, Sweetcorn and cauliflower with the option of gravy  Peaches and fruit juice  Water	Fish cakes, new potatoes served with mixed vegetables and an option of parsley sauce  Raspberry Muffin  Water	Chicken carbonara served with Tagliatelle & colourful peppers  Green & Purple Grapes  Water	Sausage casserole served with mixed butter beans, potatoes, carrots, onion & red cabbage  Apple & Pear slices  Water	Chicken hot pot filled with leeks, cauliflower, carrots, potatoes & onions  Fruit Loaf with spread  Water
Mid-afternoon snack	Toasted Bagel with spread, Water	White Bread & spread with Grapes, Water	Crackers with spread & sliced cherry tomatoes, Water	Apple & Pear slices, Whole Milk	Tsatziki & Carrot Sticks, Water
Tea	Salmon & Cucumber sandwiches served with white bread  Seasonal fruit Salad  Water	Quorn & Vegetable rice salad accompanied with fresh peppers, fresh tomatoes, cucumber and fresh parsley  Fresh pineapple slices  Water	Potato skins with cheddar cheese & ham served with roasted cherry tomatoes  Homemade Sultana Cookies & Milk  Water	Tomato Soup with pasta spirals  Banana sponge cake & custard  Water	Wholemeal wraps with cheese & onion and colourful peppers  Yoghurt  Water

