

## Autumn/Winter Menu

## WEEK THREE

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals with Whole milk and Berries 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 Raisins Water
Mid-morning snack	Tsatziki & Cucumber Sticks  Water	Apple & Pear slices  Whole Milk	Breadsticks & Cherry Tomatoes  Whole Milk	Wholemeal Toast with spread & Grapes  Water	Sugar Snap Peas & Houmous  Water
Lunch	Baked potato served with baked beans & grated cheddar cheese  Rice pudding with sultanas  Water	Chicken Hot Pot filled with carrots, onions, potatoes, broccoli & green cabbage  Blueberry Muffin  Water	Sausage, sweet mashed potato and green beans with the option of gravy  Melon Boats  Water	Salmon & Broccoli pasta with sweetcorn  Seasonal fruit salad  Water	Quorn Bean burger with tomato & basil sauce, new potatoes and mixed vegetable  Yoghurt & Pear slices  Water
Mid-afternoon snack	Rice cakes & Banana  Water	Toasted Bagel with spread  Whole Milk	Sliced Oranges  Water	Herb Dip & Pepper sticks  Whole Milk	Cheese & chive Dip,  Water
Tea	Vegetable soup served with wholemeal bread and spread  Green & Purple Grapes  Water	White bread & Butter fingers with spaghetti Hoops  Fresh oranges  Water	Tuna Pasta Bake & sweetcorn  Custard & Banana Slices  Water	Wholemeal Pitta bread filled with ham, green lettuce, fresh tomatoes & cucumber  Homemade Sultana  Cookies & Milk	Chicken Risotto served with Grated Cheddar cheese  Pineapple slices  Water