

Autumn/Winter Menu

WEEK FOUR

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Plain Yogurt and Malt loaf with spread Orange juice	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	Toasted Bagel & spread  Water	Apple & Pear slices  Whole Milk	Rice cakes & Banana,  Water	Crackers with spread & sliced cherry tomatoes,  Whole Milk	Cucumber sticks & Tzatziki dip  Water
Lunch	White fish pie with boiled potatoes, cauliflower, broccoli & peas.  Fruit Loaf with spread  Water	Chicken Korma served with green beans, sweetcorn, cannellini beans & White Basmati Rice  Fresh Pineapples slices  Water	Baked Potatoes served with tuna and sweetcorn & A fresh green leafy salad  Raspberry Muffins  Water	Roast chicken dinner, new potatoes, sprouts, carrots and peas, served with an option of gravy  Warm Rice pudding Water	Quorn chili con carnie accompanied with celery, chick peas, chopped tomatoes, peppers, onion, basmati rice & fresh coriander  Blueberry sponge cake  Water
Mid-afternoon snack	Herb dip & pepper sticks  Whole Milk	Wholemeal bread & spread with grapes,  Water	Sugar Snap Peas & Houmous  Whole Milk	Cheese & chive dip, Breadsticks  Water	Toasted Bagel with spread & grapes  Water
Tea	Chicken Carbonara with white pasta & pepper sticks  Melon Boats  Water	Wholemeal wraps filled with ham & A Green Leafy Salad  Fruit loaf Water	Quorn and vegetable rice salad accompanied with fresh peppers, tomatoes, fresh coriander, fresh parsley and cucumber  Oranges  Water	Wholemeal Toast with spread with warm baked beans  Fresh Pineapple Slices  Water	Herby salmon Pasta Spirals with sweetcorn.  Green & Purple Grapes  Water