

## Autumn Winter MENU WEEK 1

### Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of cereals Toast with choice of spreads	Choice of cereals Toast with choice of spreads	Choice of cereals Toast with choice of spreads	Choice of cereals Toast with choice of spreads	Choice of cereals Toast with choice of spreads
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

### Morning

Monday	Tuesday	Wednesday	Thursday	Friday
Dried Fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

### Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta with strips of ham and Garlic Bread	Sausage casserole	Shepherd's Pie with Seasonal Vegetables	Mild chicken curry with rice and vegetables	Roast pork with vegetables
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Pudding Fruit Salad	Pudding Malt/Banana loaf	Pudding Jelly	Pudding Stewed Apples and Custard	Pudding Fresh fruit

### Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
Hummus with peppers	Cream cheese with breadsticks	Cucumber sticks Milk/Water	Cherry tomatoes	Rice cakes
Milk/Water	Milk/Water		Milk/Water	Milk/Water

### Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza with selection of toppings	Jacket potato with beans and cheese	Sausage Plait	Fish fingers with peas/sweetcorn	Bean plait
Water	Water	Water	Water	Water
Pudding Fromage frais	Pudding homemade flapjack	Pudding Greek yoghurt	Pudding bananas	Pudding dried fruit

## Autumn Winter MENU WEEK 2

### Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Cereals Toast with choice of spreads	Choice of Cereals Toast with choice of spreads	Choice of Cereals Toast with choice of spreads	Choice of Cereals Toast with choice of spreads	Choice of Cereals Toast with choice of spreads
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

### Morning Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal fruit	Seasonal fruit	Dried Fruit	Seasonal fruit	Seasonal fruit
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

### Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognaise	Sausage and Mash	Roast chicken with seasonal vegetables	Minced pork and rice	Carbonara pasta
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Pudding Fruit Salad	Pudding Yoghurt	Pudding Fresh fruit	Pudding Apple crumble	Pudding Natural Yoghurt and berry puree

### Afternoon Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Hummus with mini breadsticks	Fresh Fruit	Scones with butter and Jam	Cracker bread with marmite/jam	Oatcakes with butter
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

### Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Toasted muffins with selection of toppings	Jacket potato with sweetcorn and tuna	Fish cakes and peas	Beef/Vegetable burger with potato wedges	Spaghetti hoops on toast
Water	Water	Water	Water	Water
Pudding dried fruit	Pudding homemade cake	Pudding Fromage frais	Pudding Dried fruit	Pudding fruit