

Autumn Winter 2023 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

Morning

Monday	Tuesday	Wednesday	Thursday	Friday
Rice crackers	Selection of fresh fruit Self-serve	Hummus with breadsticks	Selection of fresh fruit Self-serve	Potato cakes with butter

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage and Mash With peas	Mixed bean casserole	Roast meat with vegetables and roast potatoes	Cottage Pie with Seasonal Vegetables	Chicken and vegetable Fried rice
Pudding Fruit Yoghurt	Pudding Banana	Pudding Jelly	Pudding Tinned peaches	Pudding Dried raisins

Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of fresh fruit Self-serve	Blanched carrot sticks	Selection of fresh fruit Self-serve	Hummus with peppers	Selection of fresh fruit Self-serve

Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato pasta	Fish fingers peas and sweetcorn	Cheese on toast	Spaghetti hoops on toast	Jacket potato and beans
Pudding flap jack	Pudding fruit and yoghurt	Pudding homemade biscuits	Pudding Fromage frais	Pudding melon slices

Milk and Water offered with every meal and snack.

The children have their own labelled bottled water available throughout the

day

Autumn and Winter 2022 MENU WEEK

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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

Morning Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of fresh fruit Self-serve	Crackerbread with butter	Selection of fresh fruit Self-serve	Hummus and peppers	Selection of fresh fruit Self-serve

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese With Garlic bread	Sausage and bean plait with roast potatoes	Roast meat roast potatoes with seasonal vegetables	Chicken and Mediterranean vegetable cous cous	Mild chicken curry with rice
Pudding bananas	Pudding fruit yoghurt	Pudding Tinned pears	Pudding apples	Pudding Raisins

Afternoon Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese straws	Selection of fresh fruit Self-serve	Hummus with breadsticks	Selection of fresh fruit Self-serve	Oat cakes and cubes of cheese

Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & tomato pizza	Broccoli and lentil pasta	Fish cakes new potatoes and vegetables	Baked beans on toast	Crumpets with various toppings
Pudding homemade ginger biscuits	Pudding oranges	Homemade lemon cake	Pudding Fromage-frais	Pudding Tinned apricots

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day