

Autumn and 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

Morning

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta with Strips of Ham and Garlic bread	Sausage and Mash	Shepherd's Pie with Seasonal Vegetables	Mild chicken curry with rice and vegetables	Roast pork with vegetables and roast potatoes
Pudding Dried apricots/prunes	Pudding Stewed apple and custard	Pudding Jelly	Pudding Yoghurt	Pudding Dried raisins and sultanas

Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve

Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza with selection of toppings	Leek and potato soup	Jacket potato with Tuna and Sweetcorn	Fish fingers, wedges and peas/sweetcorn	Potato cakes with various toppings
Pudding flap jack	Pudding Fromage Frais	Pudding Bananas and custard	Pudding Tinned peaches	Pudding Carrot cake

Milk and Water offered with every meal and snack.

The children have their own labelled bottled water available throughout the day

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	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognaise With Garlic bread	Beef/Vegetable burger with potato wedges and vegetable	Roast chicken with seasonal vegetables	Sausage and baked beans plait with vegetables	Chicken a la king with rice
Pudding Raisins/sultanas	Pudding Tinned pears	Pudding Stewed pear with custard	Pudding Banana and Custard	Pudding Dried prunes/apricots

Afternoon Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve	Selection of fresh fruit Self-serve

Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Toasted muffins with selection of toppings	Jacket potato with baked beans and cheese	Fish cakes with wedges and peas	Tomato soup	Spaghetti hoops with cheese on toast
Pudding Cup cakes	Pudding Natural yoghurt with berries	Pudding Tinned pineapples	Pudding Fromage-frais	Pudding Home-made biscuits

Milk and Water offered with every meal and snack.

The children have their own labelled bottled water available throughout the day