

AUTUMN AND WINTER MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S
AM SNACK	Satsumas and Breadsticks G	Pears and Teacakes G	Oranges and Crackers G	Apples and Muffins G,S	Plums and Pitta G
LUNCH	Tuna Pasta Bake F,G	Roast of the Week, chef's choice of meat with accompaniments	Moroccan Chicken with Couscous MU,SU	Cauliflower and Broccoli Mac and Cheese G,DA	Mexican Beef Chilli With Rice
ALTERNATIVE	Quorn pasta bake G,E,S	Vegetarian Sausages S,G	Moroccan Quorn MU,SU,E,S	As Above G,DA	Quorn Mince Chilli E,S
DESSERT	Apple Crumble and Custard DA,G	Peach Yogurt DA	Orange Cake E,G	Pear	Apple and Cinnamon Turnovers G
PM SNACK	Pineapple and Tomatoes	Melon and Peppers	Apples and Tomatoes	Banana, Cucumber	Oranges and Carrot
TEA	Onion and Cheese Tarts And Carrot Sticks DA,G	Chicken and cheese Sandwiches DA,G,S	Butternut Scones with cucumber sticks and Cheese DA,G	Tuna and Tomato Wraps with Peppers sticks G,E,F	Pasta With Peppers and Sweetcorn G,
ALTERNATIVE	Onion and Tomato Tart G	As Above	As Above	Cheese and Tomato Wraps G,DA	As Above
DESSERT	Banana	Ginger and Oat Biscuits G,E	Pineapple and Cream DA	Apricot Samolina G,DA	Melon

AUTUMN AND WINTER MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S
AM SNACK	Oranges and Breadsticks G	Melon and Teacakes G	Satsuma and Crackers G	Apples and Pitta G	Pears and Muffins G,S
LUNCH	Red Fish Curry with Rice F,MU	Beef Ragout with Mash	Pasta with Lentil Sauce G,PU	Fishcakes with New Potatoes and Seasonal Vegetables G,F	Turkey Bolognese G
ALTERNATIVE	Chickpea Curry and Rice P,MU	Quorn Ragout with Mash E,S	As above	Falafel cake P	Mince Quorn Bolognese E,S
DESSERT	Berry Yogurt DA	Carrot Cake E,G	Rice Pudding DA	Pears	Cinnamon Shortbread G
PM SNACK	Plum and Tomatoes	Pears and Peppers	Pineapple and Carrot	Banana and Cucumber	Oranges and Tomatoes
TEA	Carrot and Potato Soup with Crusty Bread G	Ham and Cheese Baps with Cucumber G,DA,	Jacket Potatoes and Baked Beans PU	Hot Dogs With Carrot Sticks G,SU	Salmon pate Sandwiches and vegetable sticks S,G,F,DA
ALTERNATIVE	As above	As above	As above	As above	Cream Cheese with Pitta and Vegetable sticks G,DA
DESSERT	Eacles Cake G,SU	Peaches	Apple Strudel G	Pineapple Cake G,E	Mango Yogurt Da

AUTUMN AND WINTER MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S	Selection of cereals with milk or soya milk G,DA,S
AM SNACK	Melon and Breadsticks G	Pears and Teacakes G	Satsuma and Crackers G	Plum and Muffins G,S	Oranges and Pitta G
LUNCH	Salmon and Broccoli Pasta Bake G,F,DA	Roast of the Week with accompaniments	Turkey and Sweet potato Curry with Rice	Shepherds Pie With Sweetcorn	Bean Cassoulet with Macaroni G,PU
ALTERNATIVE	Lentil and Broccoli Pasta Bake G	Vegetarian Sausages with Accompaniment S	Vegetable Sweet and Sour G	Quorn Mince Pie E	As above
DESSERT	Pineapple	Mandarins	Yogurt DA	Eve's Pudding E,G	Jammy Biscuits G,E
PM SNACK	Apples and Carrots	Oranges and Peppers	Banana and Cucumber	Pineapple, Tomatoes	Apples and Carrots
TEA	Chicken Goujons with Baked Beans G,PU	Salmon and Mayo Rolls Cucumber Sticks E,F,G,DA	Butternut Soup with Buttered Bread G,S	Muffin Pizza with Pepper Sticks G,DA,S	Turkey and Cheese Bagels and Cucumber G,DA
ALTERNATIVE	Vegetable Sausages with Baked Beans S	Cream Cheese Rolls DA,G	As Above	As Above	As Above
DESSERT	Plum Swirl Cake E,G,	Peach Semolina Fool G,Da	Pear and Berry Tart G	Melon	Banana

AUTUMN AND WINTER MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					
STAGE 3	Tuna Pasta Bake F,G	Roast of the Week, chef's choice of meat with accompaniments	Moroccan Chicken and Couscous MU,SU	Cauliflower and Broccoli Mac and Cheese G,Da	Mexican Beef Chilli With Rice
STAGE 2	As above or Butternut	As above or Pea and Potato	As above or Peppers, Swede and Rice	As above or Cauliflower and Broccoli	As above or Mix Vegetables and Potatoes
STAGE 1	Butternut	Pea and Potato	Swede and Peppers	Cauliflower and Broccoli	As above
DESERT	Apple	Apricots	Pear	Banana	Mango
TEA					
STAGE 3	Courgette and potato	Carrot Soup	Potato and Butternut	Sweet Potato and Cabbage	Leek and Potato bake
STAGE 2	As above	As Above	As Above	As above	As above
STAGE 1	As above	As Above	As Above	As above	As above
DESERT	Plum	Banana	Melon	Apple	Nectarines

AUTUMN AND WINTER MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					
STAGE 3	Red Fish Curry with Rice F,MU	Beef Ragout with Mash	Pasta with Lentil Sauce G	Fishcakes with New Potatoes and Seasonal Vegetables G,F	Turkey Bolognese G
STAGE 2	As above or Green beans and Butternut	As above or Carrot and Courgette	As above or potatoes and cauliflower	As above or Potato and Vegetables	As above Peppers and Sweet potato
STAGE 1	Green Bean and butternut	Carrot and Courgette	Potatoes and Cauliflower	Potato and Vegetables	Peppers and Sweet Potatoes
DESERT	Plum	Melon	Mango	Apple	Apricot
TEA					
STAGE 3	Broccoli and Potato Soup	Butternut Soup	Carrot Soup	Broccoli and sweet potato	Courgette and Swede
STAGE 2	As above	As Above	As Above	As above	As above
STAGE 1	As above	As Above	As Above	As above	As above
DESERT	Pear	Apple	Banana	Plum	Banana

AUTUMN AND WINTER MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					
STAGE 3	Salmon and Broccoli Pasta Bake G,F,DA	Roast of the Week, chef's choice of meat with accompaniments	Turkey and Sweet potato Curry with Rice G	Shepherds Pie	Bean Cassoulet with Macaroni G
STAGE 2	As above or Broccoli and Potato	As above or Mix Vegetables and Potatoes	As above or Green beans and Sweet potato	As above or Potato and Vegetables	As above or Carrots and Leeks
STAGE 1	Broccoli and potato	As above	Green Beans and Sweet potato	Potato and Vegetables	Carrots and Leeks
DESERT	Plums	Apples	Banana	Plum	Pear
TEA					
STAGE 3	Bake Beans and Potato	Sweet potato and Carrot	Butternut Soup	Cauliflower and Broccoli	Pea and Swede
STAGE 2	As above	As Above	As Above	As above	As above
STAGE 1	Pea and Potato	As Above	As Above	As above	As above
DESERT	Melon	Peach	Pear	Mango	Banana