

AUTUMN/WINTER MENU

MEAL/SNACK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Natural Yoghurt Weetabix Malt Loaf Orange Milk/Water	Shreddies Rice Krispies Crumpets Pear Milk/Water	Porridge Cornflakes Wholegrain Bread Banana Milk/Water	Shredded Wheat Rice Krispies Toasted teacake Apple Milk/Water	Weetabix Natural Yoghurt Crumpets Orange Milk/Water	Porridge Toasted Tea Cake Rice Krispies Pear Milk/Water	Cornflakes Porridge Malt Loaf Banana Milk/Water
MID MORNING SNACK	Bread Sticks Apple Milk/Water	Crackers Orange Milk/Water	Pear Apple Milk Water	Orange Banana Milk/Water	Cucumber Tomato Milk/water	Bread Sticks Apple Milk/Water	Tomatoes Cucumber Milk/Water
LUNCH	Beef Lasagne Tomato & Lentil Lasagne (V) Served with Garlic Bread & veg Warm Winter fruit Salad Water	Roast Pork and gravy Roast Quorn in tomato and basil sauce (V) Served with roast potatoes and seasonal vegetables. Natural yoghurt & Dried Fruit Water	Chicken risotto Tofu risotto served with grated parmesan and seasonal vegetables. Fruit Cake Water	Herby Tomato and bean pasta Served with seasonal vegetables Apple Crumble and custard Water	Fish pie with sweet potato topping Vegetable and bean pie (V) Served with vegetables Mousse Water	Boiled Ham Cheese & Onion Quiche (V) Served with Cauliflower, broccoli & cheese Bake Rice Pudding Water	Tuna Fishcakes Potato & lentil cakes (V) Served with Tomato relish and seasonal Vegetables Yoghurt Water
MID AFTERNOON SNACK	Carrot Sticks Banana Milk/Water	Apple cucumber Milk/Water	Rice Cakes Tomato Milk/Water	Crackers Cheese Milk/Water	Tea cake Orange Milk/water	Tomato Cucumber Milk/Water	Bread sticks Carrot sticks Milk/Water
TEA	Potato Salad Yoghurt Milk/Water	Scrambled egg on Toast Apple Milk/Water	Crackers, Cheese Yoghurt Milk/Water	Quiche (V) Pear Milk/Water	Spaghetti on wholemeal toast Raisins Milk/Water	Pitta Bread Ham/Cheese Carrot Sticks Milk/Water	Beans Wholemeal bread Orange Milk/Water

DAY 8	DAY 9	DAY 10	DAY 11	Day 12	Day 13	Day 14
Shredded Wheat Natural Yoghurt Crumpets Apple Milk/Water	Weetabix Scrambled Egg Wholegrain Bread Orange Milk/Water	Rice Krispies Shreddies Toasted Tea Cake Pear Milk/Water	Shreddies Boiled egg Wholegrain Bread Pear Milk/Water	Cornflakes Shredded Wheat Wholegrain Bread Apple Milk/Water	Weetabix Rice Krispies Malt Loaf Orange Milk/Water	Cornflakes Boiled egg Wholegrain Bread Pear Milk/Water
Pitta Bread Cucumber Sticks Milk/Water	Rice cakes Apple Milk/Water	Carrot sticks Pear Milk/Water	Rice cakes Orange Milk/Water	Banana Tomato Milk/Water	Bread Sticks Pear Milk/Water	Cucumber Sticks Apple Milk/Water
Homemade Beefburger Vegetable Burger (V) in a Wholemeal Bap, Served with Wedges and Tomato Relish Fruit Sorbet Water	Mixed Bean & Root Vegetable Stew Served With Cous Cous Semolina with Blackburry compote Water	Roast Chicken, Roast Quorn Served Sage & Onion stuffing, Roast Potatoes, Veg & Gravy mousse Water	Fish fingers Vegetable fingers Served with boiled potatoes, Baked Beans Cranberry Cookies Water	Quorn Bolognaise served with spaghetti and seasonal vegetables Jam Sponge and custard Water	Cottage Pie Cheese & Potato Bake (V) Served with seasonal vegetables Ice cream Water	Sausages, served with Jacket potato and beans Vegetable sausage (V) Winter Crumble and custard Water
Tomato Orange Milk/Water	Banana Pear Milk/Water	Apple Toast Milk/Water	Carrot Apple Milk/Water	Orange Malt Loaf Milk/Water	Banana Apple Milk/Water	Pitta Bread Carrot Sticks Milk/Water
Vegetable and pitta dips Banana Milk/Water	Jacket Potatoes Cheese Pear Milk/Water	Salmon and pasta bake Natural Yoghurt Milk/Water	Leek & Potato Soup with wholemeal bap Banana Milk/water	Crackers and cheese Apple Milk/Water	Quiche (v) Banana Milk/Water	Cheese on toast Pear Milk/Water