



Autunm & Winter

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal	Wholemeal toast & banana	Weetabix with warm milk	Choice of cereal	Fruit toast
Lunch	Cheese & potato pie with beans	Beef tagliatelle with hidden vegetables	Homemade vegetable soup served with crusty bread	Sausage root vegetable mash & seasonal veg	Fish fingers potato wedges and peas
	Fresh fruit salad	Banana & custard	Apple slices	Yogurt & fruit	Homemade maderia cake
Snack	Bread sticks with hummus	Sliced oranges	Fresh fruit	Sliced apple	Pears
Tea	Banana bread	Wholemeal ham sandwiches with carrot batons	Crackers with cream cheese & Cucumber	Boiled egg & soldiers	Cheese wraps with cherry tomatoes





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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal	Porridge with berries	Scrambled egg with toast	Choice of cereal	Weetabix with warm milk
Lunch	Butternut squash & sweet potato soup with bread & butter	Chicken casserole with mash & vegetables	Vegetable curry with rice	Cottage pie with vegetables	Tuna pasta bake with garlic bread
	Fresh fruit salad	Fruity jelly	Yogurt & fruit	Vanilla cake & custard	Rice pudding
Snack	Banana	Orange	Cheese twist & tzatziki	Apple slices	Pepper & cucumber sticks with hummus
Tea	Boiled egg & soldiers	Fresh pitta pizza with cucumber	Ham pinwheels with cherry tomatoes	Cream crackers with cream cheese & apple slices	Picnic tea

