

Menu -Autumn/Winter 2019

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30am- 9:00am	A selection of cereals: Weetabix, shreddies, cheerios and rice krispies Fresh water to drink	Homemade cinnamon whirls served with raisins Milk or water to drink	Porridge Fresh water to drink	Toasted crumpets Milk or water to drink	Malt loaf served with kiwi slices Milk or water to drink
Snack 10:15	Apple slices and pretzels	Banana slices and garibaldi biscuits	Raisins and cheese savouries	Satsumas and breadsticks	Apple slices and pretzels
Lunch 11:50am	Minced beef spaghetti Bolognese served with green beans and garlic bread	Chicken breast served with new potatoes, mixed vegetables and gravy	Homemade fish pie served with peas, sweetcorn and gravy	Homemade Moroccan lamb served with couscous, vegetables and sweetcorn	Chicken and sweetcorn potato curry served with rice, green beans and naan bread
	Fromage Frais	Rice pudding	Bananas and custard	Apple crumble and natural yoghurt	Pears and chocolate sauce
Snack 2:15pm	Kiwi slices and rice cakes	Pear slices and cheese straws	Mixed pepper slices and tortillas	Carrot batons and cheese straws	Cucumber slices and Ritz crackers
Tea 3:50pm	Homemade Quorn sausage rolls served with vegetable crudité's	Bread fingers served with hardboiled egg slices and baked beans	Homemade roasted cherry tomato pasta served with garlic flatbread	Sandwich thins with a selection of turkey ham, marmite or cream cheese Cucumber slices	Jacket potato half, served with spaghetti hoops and cheese
	Chopped fruit and homemade biscuit Water or milk to drink	Chopped fruit and homemade biscuit Water or milk to drink	Chopped fruit and homemade biscuit Water or milk to drink	Chopped fruit and homemade biscuit Water or milk to drink	Chopped fruit and homemade biscuit Water or milk to drink