

Menu -Autumn/Winter 2019

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30am- 9:00am	A selection of cereals: Weetabix, shreddies, cheerios and rice krispies Fresh water to drink	Toast served with baked beans Milk or water to drink	Weetabix served with bananas and raisins Fresh water to drink	Toasted fruit loaf Milk or water to drink	Porridge Milk or water to drink
Snack 10:15	Kiwi slices and rice cakes	Apple slices and pretzels	Pears and cheesy savouries	Mixed peppers and tortillas	Satsuma and breadsticks
Lunch 11:50am	Fishfingers served with rice, peas and gravy	Quorn sausages served with mashed potatoes, cabbage, carrots, Yorkshire pudding and gravy	Tomato and lentil lasagna served with sweetcorn and garlic bread	Homemade cod and salmon fishcakes served with new potatoes, mixed vegetables and gravy	Jacket potato with savoury mince, baked beans and cheese
	Fromage Frais	Choc ice	Angel delight	Homemade jam and coconut sponge with custard	Homemade banana loaf with natural yoghurt
Snack 2:15pm	Mixed pepper slices and tortillas	Carrot batons and breadsticks	Banana slice and rich tea	Cucumber slices and Ritz crackers	Kiwi slices and rice cake
Tea 3:50pm	Finger rolls served with chicken slices, marmite or cream cheese Cucumber slices	Homemade chicken goujons served with sweetcorn	Sandwich thins with a selection of tuna mayo, marmite or jam	Homemade roasted cherry and tomato pasta served with flatbread	Baked tortilla wrap triangles topped with avocado, sweetcorn and tomato salsa served with cucumber and pepper slices
	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