

Menu -Autumn/Winter 2019

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30am- 9:00am	A selection of cereals: Weetabix, shreddie, cheerios and rice krispies Fresh water to drink	Toasted crumpets Milk or water to drink	Malt loaf and fromage frais Fresh water to drink	Porridge Milk or water to drink	Homemade scotch pancakes Milk or water to drink
Snack 10:15	Apple slices and pretzels	Kiwi slices and rice cakes	Pear slices and cheese straws	Satsuma and breadsticks	Banana slices and garibaldi biscuit
Lunch 11:50am	Minced beef chilli con carne served with rice and peas	Homemade turkey mince meatballs in red sauce Served with green beans and spaghetti pasta	Homemade chicken and leek pie served with new potatoes, mixed vegetables and gravy	Quorn sweet and sour noodles served with green beans	Tuna pasta in white sauce Served with broccoli and garlic bread
	Ice cream cone	Homemade marble sponge and custard	Jelly	Homemade pineapple upside down sponge with natural yoghurt	Rice pudding
Snack 2:15pm	Cucumber slices and Ritz crackers	Mixed pepper slices and tortillas	Banana slices and breadsticks	Cucumber slices and Ritz crackers	Pear slices and cheesy savouries
Tea 3:50pm	Fishfingers and baked beans	Sandwich thins with a selection of turkey ham, marmite or jam Cucumber slices	Homemade soup with wholemeal bread triangles	Jacket potato half, served with baked beans and cheese	Finger rolls with a selection of chicken slices, marmite or cream cheese Cucumber slices and pom bears
	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