

Menu -Autumn/Winter 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30am- 9:00am	Selection of cereals: Weetabix, shreddies, cheerios and rice krispies Fresh water to drink	Toasted muffin and baked beans Fresh water to drink	Homemade cinnamon whirls served with raisins Milk or water to drink	Toasted fruit loaf Milk or water to drink	Porridge Fresh water to drink
Snack 10:15am	Kiwi slices and rice cakes	Satsuma and bread sticks	Banana slices and rice cakes	Pear slices and cheesy savouries	Apple slices and pretzels
Lunch 11:50am	Five bean chilli served with rice, broccoli, tortillas and cheese	Flaked cod served with new potatoes, peas, sweetcorn and gravy	Macaroni cauliflower cheese served with broccoli	Minced lamb cottage pie with sweet and white potato topping Served with vegetables and gravy	Minced beef lasagna served with sweetcorn and garlic bread
	Fromage Frais	Homemade gingerbread loaf and custard	Pears and chocolate sauce	Jelly	Homemade jam and coconut sponge with natural yoghurt
Snack 2:15pm	Pear chunks and cheese straws	Apple slices and pretzels	Cucumber slices and Ritz crackers	Carrot sticks and breadsticks	Mixed peppers and tortillas
Tea 3:50pm	Sandwiches with a selection of chicken slices, marmite or cream cheese Cucumber slices	Tomato and lentil soup served with wholemeal bread triangles	Chicken goujons and spaghetti in tomato sauce	Finger rolls with a selection of tuna mayo, jam or marmite Cucumber slices	Homemade teatime pizza muffins and sweetcorn
	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

Please note: Menu will be altered to cater for younger children when appropriate and any special dietary requirements. This would include for allergies, religion, cultural and lifestyle choices.