

Autumn menu week 1

Meal choice	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals
Snack	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread
Lunch	Herby Tuna Pasta Bake	Roast chicken/Quorn, Yorkshire pudding, roast potatoes and seasonal vegetables	Jacket potato with cheese, beans and tuna	Sweet and Sour chicken/Quorn with vegetable rice	Fish fingers with homemade wedges and peas
Pudding	Greek Yoghurt with fruit	Fresh fruit salad	Banana and custard	Fresh fruit salad	Homemade rice pudding
Tea	Assorted filled wraps, cheese, ham, chicken, tuna, egg	Seasonal vegetable homemade soup with croutons	Assorted sandwiches, humus and crudities	Cheese and tomato frittata and baked beans	Homemade pizza
Pudding	Fruit Scone	Plain yoghurt with oats and raspberries	Melon slices	Natural yoghurt with blueberries	Fresh fruit salad
Snack	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread

Autumn menu week 2

Meal choice	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals
Snack	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread
Lunch	Chunky chicken and vegetable autumnal casserole	Macaroni in a creamy broccoli cheese sauce	Roast chicken/Quorn, Yorkshire pudding, roast potatoes and seasonal vegetables	Cottage Pie (Quorn mince alternative)	Fish fingers with homemade wedges and peas
Pudding	Natural Yoghurt	Poached pears	Melon slices	Banana and custard	Natural Greek Yoghurt
Tea	Baked beans and wholemeal toast	Seasonal vegetable homemade soup with croutons	Tomato and herb pasta bake	Cheese and tomato frittata and baked beans	Homemade pizza
Pudding	Fresh fruit salad	Fresh fruit	Homemade rice pudding	Fresh fruit salad	Fresh fruit
Snack	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread

Autumn menu week 3

Meal choice	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals
Snack	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread
Lunch	Tuna and sweetcorn pasta bake	Roast chicken/Quorn, Yorkshire pudding, roast potatoes and seasonal vegetables	Beef/Vegetarian chilli with rice	Chicken/Quorn casserole	Fish/Vegetable fingers with homemade wedges and peas
Pudding	Rice pudding	Fresh fruit salad	Pears and custard	Fresh fruit salad	Banana and custard
Tea	Jacket potato with a choice of cheese and beans	Fish fingers with baked beans	Homemade seasonal vegetable soup with bread	Assorted filled wraps, cheese, ham, chicken, tuna, egg	Homemade pizza
Pudding	Fresh fruit	Natural yoghurt with fruit puree	Melon slices	Greek yogurt with fruit compote	Fresh fruit salad
Snack	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread

Autumn menu week 4

Meal choice	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals	Wholemeal toast and a choice of cereals
Snack	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread
Lunch	Jacket potato with beef/vegie chilli	Lentil curry with rice	Cottage/Vegetable cottage pie with mixed vegetables	Roast Chicken/Quorn with roast potato's, Yorkshire pudding and seasonal vegetables	Fish fingers with homemade wedges and peas
Pudding	Natural Yoghurt with fruit compote	Fresh fruit salad	Banana and custard	Fresh fruit salad	Homemade rice pudding
Tea	Assorted sandwiches with crudities	Beans on toast	Freshly baked rolls with mixture of fillings	Vegetable soup with croutons	Pasta with tomato and basil sauce
Pudding	Fresh fruit	Greek yoghurt with toasted oats	Fresh fruit	Natural yoghurt with fruit compote	Fresh fruit salad
Snack	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread	Fresh fruit/vegetables with selection crackers/bread