



## Autumn and Winter Menu 2024

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Milk	Porridge with Milk	Crumpets with Spread	Selection of Cereals with Milk	Selection of Cereals with Milk
Lunch					
Starter		Cheese Twists		Garlic & Tomato Bruschetta	
Main	Fisherman's Pie (Cauliflower & Chickpea Cheese Bake) with Peas & Sweetcorn	Chinese Chicken (Soya) Curry with Brown Rice & Peas	Roast Beef (Tofu), New Potatoes, Yorkshire Pudding Broccoli & Green Beans with Gravy	Mixed Bean Arrabbiata Pasta (V) with Sweetcorn	Lamb (Lentil) Shepherd's Pie with Seasonal Vegetables
Dessert	Mango & Pineapple		Apple & Pear		Grapes & Melon
Tea Main & Dessert	Turkey (Quorn) or Cream Cheese Bagels & Crudites  Natural Yogurt & Fruit of the Day	Butternut Squash & Lentil Soup (V) served with a Warm Roll  Melon & Peaches	Spaghetti on Toast (V)  Banana & Apricot	Chefs' choice of Sandwiches (V) with Grated Carrot & Cheese Batons  Autumn Fruit Medley	Crackers with Homemade Pilchard Pate or Butterbean Spread (V), Carrot & Cucumber  Cooks' choice of cake
Snack	Oatcakes & Apple	Cream Cheese Tortilla Triangles & Peppers	Pitta Bread & Cucumber	Rice Cakes & Pepper Sticks	Granary Bread & Banana

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## Autumn and Winter Menu 2024

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Cereals with Milk	Crumpets with Spread	Selection of Cereals with Milk	Wholemeal Toast Fingers with Spread	Porridge with Milk & Apricot Puree
<b>Lunch</b>					
Starter		Cheese & Pineapple Fingers			Garlic Flat Bread
Main	Spicy Vegetable & Lentil Casserole (V) with Cous Cous & Peas	Roast Turkey (Soya) with New Potatoes, Cauliflower, Carrots & Gravy	Sweet & Sour Chicken (Tofu) with Brown Rice	Haddock & Cod Fish (Red Lentil) Pie with Peas & Sweetcorn	Beef (Quorn Mince) & Vegetable Spaghetti Bolognaise
Dessert	Peach & Apple		Chefs' Hot Pudding of the Day with Custard	Pineapple & Pear	
<b>Tea</b> Main & Dessert	Pitta Pockets with Pilchards or Cheese (V) Filling, Houmous & Carrot Batons  Kiwi & Banana	Ham Sandwiches (V) with Cucumber Sticks  Mango Puree & Greek Yogurt	Pizza Topped Muffins (V) with Pepper Sticks  Honeydew Melon & Banana	Soup of the Day (V) served with a Warm Bread  Peach & Grapes	Cheese & Onion or Cheese & Tomato Pin Wheels (V) with Baked Beans  Winter Berry Fool
<b>Snack</b>	Rice Cakes & Pear	Bread Sticks with Peppers	Apricot & Oatcakes	Cucumber with Tortilla Wrap	Wholemeal Thins & Carrot

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## Autumn and Winter Menu 2024

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Milk	Wholemeal Toast Fingers with Spread	Selection of Cereals with Milk	Selection of Cereals with Milk	Porridge with Milk
Lunch					
Starter		Mini Cheesy Pinwheels		Tomato & Garlic Mozzarella Tartlets	
Main	Mixed Bean Chilli (Quorn Mince) Con Carne with Brown Rice & Peas	Steamed Cod (Chickpea) with Cous Cous & Green Beans	Hearty Lamb (Vegetable) Stew with Pearl Barley & Broccoli	Turkey (Soya) Korma with Basmati Rice & Peas	Roast Chicken (Quorn) New Potatoes, Winter Vegetables & Gravy
Dessert	Apple and Grapes		Sugar Free Jelly		Fromage Frais with Mango Puree
Tea Main & Dessert	Cheese on Toast (V) with Grated Carrot	Rice Cakes with Cream Cheese (V) & Turkey Breast (Quorn) with Cucumber Batons	Homemade Spinach & Cheese Scones with Red Pepper Sticks	Butternut Squash & Roasted Red Pepper Soup (V) with Pitta Fingers	A Selection of Tortilla Wraps (V) with Cucumber, Red & Yellow Peppers
	Chef's Fruit Medley	Banana & Kiwi	Melon & Plum	Apple & Peach	Pear & Banana
Snack	Pitta Bread Fingers with Cream Cheese	Breadsticks & Melon	Tortilla Wraps with Cucumber	Carrots & Ryvita	Oatcakes & Peaches

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## Autumn and Winter Menu 2024

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Milk	Porridge with Milk	Selection of Cereals with Milk	Toasted Muffins with Spread	Selection of Cereals with Milk
Lunch					
Starter	Garlic Naan Bread		Oat Cake Fruit Pizza		
Main	Butternut Squash & Lentil Dhansak (V) with Rice	Minced Beef (Quorn) Pie with New Potatoes Green Beans & Carrots	Chicken (Green Lentil) Mango Curry with Peas & Noodles or Cous Cous	Roast Pork (Soya) with Root Vegetable Mash, Cabbage, Gravy	Salmon in a Creamy Tomato Sauce (Mixed Bean) with Pasta and Broccoli
Dessert		Apple & Peach		Trio of Melon	Natural Yoghurt with a Blueberry Swirl
Tea Main & Dessert	Fish Fingers & Finger Rolls (Vegetable Fingers) & Sweetcorn	Bagels with a Selection of Toppings (V) with Pepper Sticks	Beans & Cheese Pinwheels	Crackers with Pilchards in Tomato Sauce (Quorn) or Cheese with Cucumber & Pepper Sticks	Carrot & Coriander Soup (V) with Wholemeal Thin Fingers
	Mango & Pear	Fresh Fruit Salad	Fromage Frais Banana	Warm Chocolate Cake & Custard	Pineapple & Pear
Snack	Breadstick & Banana	Oatcakes & Cucumber	Wholemeal Tortilla Wraps & Pineapple	Rice Cakes & Mango	Apples & Granary Bread

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