

























# Autumn Menus

Week 1			
	Breakfast	Lunch	Tea
Monday	Rice Snaps with Milk & Juice 	Quorn in a Spicy Tomato Sauce & Mixed Vegetable Couscous  Mixed Fruit Crumble & Custard 	Toasted Teacakes Cheese Chunks  Fresh Fruit
Tuesday	Hot Buttered Toast & Milk 	Vegetable & Lentil Korma Rice & Naan Bread  Sultana Sponge & Custard 	Fish Fingers & Spaghetti  Banana T-Bread 
Wednesday	Hot Buttered Toast & Milk 	Ocean Pie, Carrots & Swede  Fruit Yoghurt 	Tomato & Basil Pasta  Fresh Fruit
Thursday	Bran Flakes with Milk & Juice 	Lasagne with Peas & Sweetcorn  Vanilla Semolina 	Veg & Noodle Soup With Bread & Butter  Fresh Fruit
Friday	Hot Buttered Toast & Milk 	Crunchy Vegetable Pie & Creamed Potatoes Green Beans & Gravy  Fruit Trifle 	Beans & Hash Browns Fruit Cookies 
















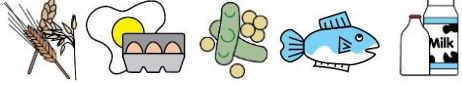







# Autumn Menus

Week 2			
	Breakfast	Lunch	Tea
Monday	Hot Buttered Toast & Milk 	Vegetable and Lentil Ragu Spaghetti & Garlic Bread  Pear & Ginger Cake with Custard 	Tuna & Sweetcorn Pizza  Crunchy Flapjack 
Tuesday	Rice Krispies with Milk & Juice 	Cheese & Tomato Pasta Bake Peas, Cauliflower & Flatbread  Fruit Yoghurt 	Beans on Toast  Fresh Fruit
Wednesday	Hot Buttered Toast & Milk 	Vegetable Balti Boiled Rice  Blueberry Sponge and Custard 	Fish Finger Sandwiches  Fresh Fruit
Thursday	Hot Buttered Toast & Milk 	Sausage & Bean Hotpot and Carrots  Cinnamon Apple & Sultana Crumble and Custard 	Pasta Bolognese  Fruit Loaf 
Friday	Cornflakes with Milk & Juice 	Fish & Chips Mushy Peas  Banana & Cream 	Savoury Couscous with Halloumi Tomato & Garlic Sauce  Fresh Fruit



# Autumn Menus



Week 3			
	Breakfast	Lunch	Tea
Monday	<p>Cornflakes with Milk &amp; Juice</p> 	<p>Sweet Potato Falafel with Sweetcorn, Couscous and Tomato Sauce</p>  <p>Apricot Sponge &amp; Custard</p> 	<p>Jacket Wedges with Homemade Hummus</p> <p>Fresh Fruit</p>
Tuesday	<p>Hot Buttered Toast &amp; Milk</p> 	<p>Fisherman's Pie Peas &amp; Cauliflower</p>  <p>Mandarin Cheesecake</p> 	<p>Aubergine &amp; Courgette Pasta</p>  <p>Chocolate and Raisin Bun</p> 
Wednesday	<p>Rice Snaps with Milk &amp; Juice</p> 	<p>Quorn in a Creamy Mushroom &amp; Tomato Sauce, Mixed Vegetables and Rice</p>  <p>Ground Rice &amp; Raisins</p> 	<p>Mozzarella Sticks with Pom Noisettes</p>  <p>Fresh Fruit</p>
Thursday	<p>Hot Buttered Toast &amp; Milk</p> 	<p>Tuna &amp; Cheese Balls Sauté, Potatoes &amp; Beans</p>  <p>Fruit Yoghurt</p> 	<p>Savoury Couscous &amp; Rustic Tomato Sauce</p>  <p>Fruited Flapjack</p> 
Friday	<p>Hot Buttered Toast &amp; Milk</p> 	<p>Cowboy Chilli Boiled Rice &amp; Pitta Fingers</p>  <p>Raspberry Sponge &amp; Custard</p> 	<p>Spaghetti &amp; Sausage With Bread &amp; Butter</p>  <p>Fresh Fruit</p>



# Autumn Menus

Week 4			
	Breakfast	Lunch	Tea
Monday	Hot Buttered Toast & Milk 	Salmon & Broccoli Fishcakes, Chips, Peas & Parsley Sauce  Chocolate Sponge & Custard 	Vegetable Pasta  Fresh Fruit
Tuesday	Hot Buttered Toast & Milk 	Veggie Sausage, Mixed Vegetable Couscous and Tomato Sauce  Sultana Rice Pudding 	Cheese & Tomato Pizza  Cranberry Slice 
Wednesday	Rice Krispies with Milk & Juice 	Shepherd's Pie, Cauliflower & Peas and Gravy  Strawberry & Pear Crumble with Cream 	Mini Jackets & Beans Coconut Biscuit 
Thursday	Hot Buttered Toast & Milk 	Macaroni Cheese, Diced Carrots & Sweetcorn Crusty Bread  Fruit Yoghurt 	Fish Balls with Jacket Wedges  Fresh Fruit
Friday	Cornflakes with Milk & Juice 	Sweet & Sour Vegetables with Quorn, Boiled Rice and Prawn Crackers  Apple Custard 	Cheese Topped Muffins  Fresh Fruit