



































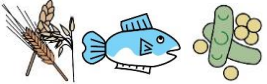

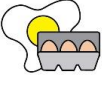









Autumn Menus

Week 1			
	Breakfast	Lunch	Tea
Monday	Rice Snaps with Milk & Juice 	Vegetable macaroni & mixed vegetable  Angel Delight 	Toasted Teacakes  Fruit Yoghurt 
Tuesday	Hot Buttered Toast & Milk 	Vegetable & Lentil Korma Rice & Naan Bread  Vanilla Semolina 	Fish Fingers & Spaghetti  Banana T-Bread 
Wednesday	Hot Buttered Toast & Milk 	Ocean Pie, Carrots & Swede  Fruit Yoghurt 	Beans & Hash Browns Fresh fruit
Thursday	Bran Flakes with Milk & Juice 	Vegetable & lentil Ragu with spaghetti & garlic bread  Sultana Sponge & Custard 	Picnic tea with tomato & basil hummus chips  Fresh fruit
Friday	Hot Buttered Toast & Milk 	Crunchy Vegetable Pie & Roast potatoes Green Beans & Gravy  Fruit Trifle 	Tomato & Basil Pasta  Fruit Cookies 


























Autumn Menus

Week 2			
	Breakfast	Lunch	Tea
Monday	Hot Buttered Toast & Milk 	Cannelloni green beans & crusty bread  Pear & Ginger Cake with Custard 	Tuna & sweetcorn pizza with jacket wedges  Crunch flapjack 
Tuesday	Rice krispies with Milk & Juice 	Cheese & tomato pasta bake peas, cauliflower.  Fruit yoghurt 	Beans on Toast  Banana's & Custard 
Wednesday	Hot Buttered Toast & Milk 	Vegetable Balti & boiled rice Blueberry Sponge and Custard 	Fish Finger Sandwiches  Fresh fruit
Thursday	Hot Buttered Toast & Milk 	Savoury hotpot and carrots  Cinnamon apple & sultana crumble and custard 	Pasta Bolognese  Fruit Loaf 
Friday	Cornflakes with Milk & Juice 	Fish & Chips & Peas  Banana Custard 	Savoury couscous with Halloumi & tomato garlic sauce  Fresh Fruit




















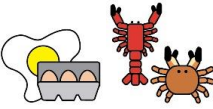




Autumn Menus

Week 3			
	Breakfast	Lunch	Tea
Monday	<p>Cornflakes with Milk & Juice</p> 	<p>Sweet potato falafel with cous cous , sweetcorn & rustic tomato sauce</p>  <p>Apricot sponge & custard</p> 	<p>Jacket wedges with dips</p>  <p>Fruit Yoghurt</p> 
Tuesday	<p>Hot Buttered Toast & Milk</p> 	<p>Fisherman's Pie Peas & Cauliflower</p>  <p>Mandarin Cheesecake</p> 	<p>Aubergine & Courgette Pasta</p>  <p>Chocolate and Raisin Bun</p> 
Wednesday	<p>Rice Snaps with Milk & Juice</p> 	<p>Quorn in a Creamy Mushroom & Tomato Sauce, Mixed Vegetables and rice</p>  <p>Ground Rice & Raisins</p> 	<p>Mozzarella sticks with pom noisettes</p>  <p>Fresh Fruit</p>
Thursday	<p>Hot Buttered Toast & Milk</p> 	<p>Tuna & Cheese Balls Sauté, Potatoes & Beans</p>  <p>Fruit Yoghurt</p> 	<p>Savoury Couscous & Rustic Tomato Sauce</p>  <p>Fruited Flapjack</p> 
Friday	<p>Hot Buttered Toast & Milk</p> 	<p>Cowboy Chilli Boiled Rice & Pitta Fingers</p>  <p>Raspberry Sponge & Custard</p> 	<p>Spaghetti & Sausage With Bread & Butter</p>  <p>Fresh Fruit</p>



Autumn Menus

	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 with Gravy  Strawberry & pear crumble with cream 	Potato waffles & Beans Coconut Biscuit 
Thursday	Hot Buttered Toast & Milk 	Macaroni cheese, diced carrots & sweetcorn with 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  Semolina 