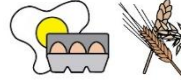


Autumn Menus



		Week 1			
	Breakfast	Lunch	1pm Snack	Tea	5pm Snack
Monday	Multigrain Cheerio's sultanas, raisins & milk 	Chickpea and vegetable pasta bake, with carrots & sweetcorn  Apple & cinnamon pie with custard 	Milk & rice cakes 	Toasted crumpets, with cottage cheese mousse & cucumber sticks  Melon & pineapple	Apple
Tuesday	Hot buttered toast banana & milk 	Fish, chips & mushy peas  Ground rice & sultanas 	Breadsticks & milk 	Savory vegetable cous cous with kidney bean & tomato sauce  Sliced oranges & strawberries	Pears
Wednesday	Hot buttered toast kiwi & milk 	Vegetable lentil ragu with spaghetti & garlic bread  Ice cream cornett 	Milk & oat cakes 	Salmon & broccoli balls with sweet & white potato wedges  Chocolate & beetroot brownie 	Satsumas
Thursday	Hot buttered toast pear & milk 	Cottage Pie pea's & broccoli with gravy  Greek yoghurt & mixed berry puree 	Breadsticks & milk 	Vegetable omelette with beans, bread & butter  Fruit square 	Sliced peppers
Friday	Wheat Bisks, sultanas, raisins & milk 	Sweet potato falafel, cous cous with mixed vegetables and garlic & tomato sauce  Lemon sponge & creamy custard 	Milk & rice cakes 	Wholemeal pasta with butternut squash, tomato & lentil sauce  Banana & plums	Carrot sticks

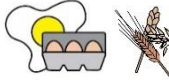
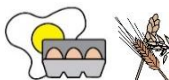
Autumn Menus



Week 2					
	Breakfast	Lunch	1pm Snack	Tea	5pm Snack
Monday	Bran flakes, sultanas, raisins & milk	Cheese, leak and mushroom patties with peas & jacket wedges Greek yoghurt & strawberries	Milk & oat cakes	Tuna & sweetcorn pizza Apricot and apple cookie	Kiwi
Tuesday	Hot buttered toast, plums & milk	Vegetable & chickpea tagine with cous cous Pineapple upside cake & creamy custard	Breadsticks & milk	Toasted cinnamon bagels with humous and sliced red peppers Mixed grapes & cheese chunks	Banana
Wednesday	Ricesnaps, sultanas, raisin & milk	Salmon & cod pie with chunky swede & carrots Mixed fruit crumble with half fat crème fraiche	Milk & oat cakes	Wholemeal pasta with a vegetable, tomato & bean bolognaise Banana & pear	Carrot sticks
Thursday	Hot buttered toast, satsumas & milk	Quorn and vegetable cowboy chill with boiled rice & pitta fingers Creamy semolina with banana	Milk & rice cakes	Fish fingers sandwiches & cucumber sticks Lime & courgette slice	Apple
Friday	Hot buttered toast, apples & milk	Aurbergine, spinach, tomato & lentil lasagne topped with mild cheese sauce, sweetcorn & peas Eve's apple sponge & creamy custard	Breadsticks & milk	Egg and vegetable savoury rice with a mild curry sauce Pineapple & blueberries	Sliced butternut squash

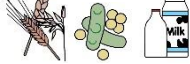
Autumn Menus

Bright
Beginnings

		Week 3			
	Breakfast	Lunch	1pm Snack	Tea	5pm Snack
Monday	Hot buttered toast, banana & milk 	Pea and mint falafel, cous cous with sweetcorn & rustic tomato sauce  Sticky toffee pudding & custard 	Breadsticks & milk 	Wholemeal pasta in a parsnip and lentil sauce  Sliced oranges and pears	Carrot sticks
Tuesday	Bran flakes sultanas, raisins & milk 	Vegetable & lentil korma with boiled rice  Greek yoghurt with mixed berry puree 	Milk & rice cakes 	Sweet and white potato wedges with chickpea and tomato salsa Apple & banana cookie 	Satsumas
Wednesday	Malted Wheaties, sultanas, raisins & milk 	Vegetable and bean hotpot with green beans & broccoli  Apple and mango crumble with half fat crème fraiche 	Milk & oat cakes 	Cheese & tomato pizza with a borlotti bean dip and cucumber sticks  Banana and blueberries	Sliced peppers
Thursday	Hot buttered toast oranges & milk 	Tuna and vegetable Bolognese with spagetti & garlic bread  Pear & ginger cake with creamy custard 	Breadsticks & milk 	Quorn and vegetable chilli with pitta fingers  Mixed grapes and plums	Sliced butternut squash
Friday	Hot buttered toast apple & milk 	Plant based sausage cassarole with creamed potato, cabbage, spinach & gravy  Rice pudding with autumn fruit compote 	Milk & rice cakes 	Toasted bagels with cream cheese & cherry tomatoes  Carrot cake 	Pears

Autumn Menus



		Week 4			
	Breakfast	Lunch	1pm Snack	Tea	5pm Snack
Monday	Hot buttered toast, plums & milk 	Salmon, leek & mushroom fish cakes with chips & peas  Pear & strawberry crumble with half fat crème fraiche 	Breadsticks & milk 	Vegan Quorn ham & mixed vegetable cous cous with rustic tomato sauce  Chocolate & raisin slice 	Apple
Tuesday	Cornflakes sultanas, raisins & milk 	Quorn & vegetable Bolognese pasta bake with mixed vegetables  Greek yoghurt with mango coulis 	Milk & oat cakes 	Fish and petit pois patties with baked beans  Red grapes & pears	Carrot sticks 
Wednesday	Hot buttered toast, satsumas & milk 	Vegetable & bean curry with rice & naan bread  Peaches & custard 	Milk & rice cakes 	Toasted muffin with pinto bean spread & cucumber sticks  Oat, apple and date slice 	Banana
Thursday	Multigrain Cheerios, sultanas, raisins & milk 	Veggie sausage in a savoury mixed bean and vegetable cous cous, with herby garlic & tomato sauce  Chocolat & orange sponge with creamy custard 	Breadsticks & milk 	Wholemeal pasta with tuna and vegetable Bolognese  Strawberry & pineapple	Sliced red peppers
Friday	Hot buttered toast, kiwi & milk 	Cheese & broccoli pasta with a chickpea & vegetable ratatouille  Banana & custard 	Milk & oat cakes 	Cheesy scotch eggs with sliced yellow peppers & cherry tomatoes  Apple & orange	Green grapes