

Autumn Menus



		Week 1			
	Breakfast	Lunch	1pm Snack	Tea	5pm Snack
Monday	Multigrain Cheerio's sultanas, raisins & milk	Chickpea and vegetable cheesy pasta bake, with carrots & sweetcorn Apple & cinnamon pie with custard	Milk & rice cakes	Toasted crumpets, with scrambled eggs & cucumber sticks Melon & pineapple	Apple
Tuesday	Hot buttered toast banana & milk	Fish, chips & mushy peas Ground rice & mango coulis	Breadsticks & milk	Savory vegetable cous cous with black eyed beans & tomato sauce Sliced oranges & strawberries	Sliced peppers
Wednesday	Hot buttered toast kiwi & milk	Vegetable lentil ragu with spaghetti & garlic bread Ice cream cornett	Milk & oat cakes	Salmon & broccoli patty with sweet & white potato wedges Chocolate & beetroot brownie	Satsumas
Thursday	Hot buttered toast pear & milk	Quorn & mixed vegetable Cottage Pie broccoli & peas with gravy Greek yoghurt & mixed berry puree	Breadsticks & milk	Plant based sausage with beans, bread & butter Fruit square	Cherry tomatoes
Friday	Wheat Bisks, sultanas, raisins & milk	Mixed vegetable and lentil korma With boiled rice and naan bread Lemon & blueberry sponge & creamy custard	Milk & rice cakes	Conchiglie pasta with butternut squash, tomato & lentil sauce Banana & plums	Carrot sticks

Autumn Menus

Bright
Beginnings

Week 2					
	Breakfast	Lunch	1pm Snack	Tea	5pm Snack
Monday	Bran flakes, sultanas, raisins & milk 	Cheese, leak and mushroom patties with beans & jacket wedges  Greek yoghurt & strawberries 	Milk & oat cakes 	Tuna & sweetcorn pizza  Apricot and apple cookie 	Kiwi
Tuesday	Hot buttered toast, plums & milk 	Mixed vegetable & chickpea tagine with cous cous  Pineapple upside cake & creamy custard 	Breadsticks & milk 	Toasted 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 mixed vegetable, tomato & kidney bean sauce  Banana & pear	Carrot sticks
Thursday	Hot buttered toast, satsumas & milk 	Quorn and mixed vegetable cowboy chill with boiled rice & pitta fingers  Creamy semolina with banana 	Milk & rice cakes 	Black bean & mixed vegetable cous cous with a rustic tomato sauce  Lime & courgette slice 	Apple
Friday	Hot buttered toast, apples & milk 	Spinach and ricotta ravioli with a rich tomato sauce & sweetcorn  Eve's apple sponge & creamy custard 	Breadsticks & milk 	Fish fingers sandwiches & cucumber sticks  Pineapple & blueberries	Yellow peppers

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Week 3					
	Breakfast	Lunch	1pm Snack	Tea	5pm Snack
Monday	Hot buttered toast, banana & milk 	Pea and mint falafel with cous cous, mixed vegetables & rustic tomato sauce Sticky toffee pudding & custard 	Breadsticks & milk 	Farfalle 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 Peach and mango crumble with half fat crème fraiche 	Milk & rice cakes 	Sweet and white potato wedges with chickpea and tomato salsa Oat, apple & date slice 	Satsumas
Wednesday	Malted Wheaties, sultanas, raisins & milk 	Plant based sausage cassarole with roast potato, cabbage, spinach & gravy Greek yoghurt with a mixed berry puree 	Milk & oat cakes 	Cheese & mushroom pizza with a borlotti bean dip and cucumber sticks Pineapple & melon	Sliced peppers
Thursday	Hot buttered toast oranges & milk 	Tuna and vegetable Bolognese with spaghetti & garlic bread Pear & ginger cake with creamy custard 	Breadsticks & milk 	Quorn and vegetable chilli with pitta fingers Mixed grapes and plums	Cherry tomatoes
Friday	Hot buttered toast apple & milk 	Mixed vegetable and bean Cottage Pie with green beans & broccoli Rice pudding with autumn fruit compote 	Milk & rice cakes 	Toasted muffins with cream cheese & carrot sticks Banana & blueberry pancakes 	Pears

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	Week 4				
	Breakfast	Lunch	1pm Snack	Tea	5pm Snack
Monday	Hot buttered toast, plums & milk	Salmon & leek fish cake with steamed baby potatoes, peas & parsley sauce Pear & strawberry crumble with half fat crème fraiche	Breadsticks & milk	Chickpea & mixed vegetable cous cous with a rustic tomato sauce Chocolate & raisin slice	Apple
Tuesday	Cornflakes sultanas, raisins & milk	Quorn & aubergine moussaka with mixed vegetables Greek yoghurt with mango coulis	Milk & oat cakes	Fish and petit pois patty with sweet potato fries Red grapes & pears	Carrot sticks
Wednesday	Hot buttered toast, satsumas & milk	Vegetable & lentil curry with rice & naan bread Peaches & custard	Milk & rice cakes	Toasted muffin with pinto bean spread & cucumber sticks Blueberry, date and oatmeal slice	Banana
Thursday	Multigrain Cheerios, sultanas, raisins & milk	Cheesy scotch egg with jacket potato wedges with a mixed salad Chocolate & orange sponge with creamy custard	Breadsticks & milk	Wholemeal fusilli pasta with kidney bean & mixed 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	Vegan sausages with baked beans Apple & orange	Green grapes