

Autumn/Winter Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (20%)	A selection of cereals. White toast with spread. Seasonal fruits.	A selection of cereals. Wholemeal toast with spread. Seasonal fruits	A selection of cereals. White toast with spread. Seasonal fruits	A selection of cereals. Wholemeal toast with spread. Seasonal fruits	A selection of cereals. White toast with spread. Seasonal fruits
Snack AM (10%)	Mango and kiwi pieces Water	Mixed berry Medley Water	Satsuma segments and grapes Water	Pineapple chunks Water	Apple and pear slices. Water
Lunch (30%)	Quorn chilli with rice. <i>Flavoured yoghurt.</i> <i>Water</i>	Salmon and mascarpone pasta served with green beans. <i>Blueberry sponge</i> <i>Water</i>	Chickpea curry with couscous. <i>Fruit cocktail</i> <i>Water</i>	Gamon served with new potatoes and a side of veg. <i>Melon</i> <i>Water</i>	Gnocchi in a homemade tomato and vegetable sauce. <i>Rice pudding</i> <i>Water</i>
Snack PM (10%)	Oatcakes with pepper sticks, cheese, and chive dip. <i>Water or milk</i>	Crisp bakes with salsa dip. <i>Water or milk</i>	Soft cheese spread sandwich triangles. <i>Water or milk</i>	Cheese and cucumber stick with water biscuits or French toast for babies. <i>Water or milk</i>	Ryvita thins with hummus. Bread sticks with hummus for babies. <i>Water or milk</i>
Tea (20%)	Crumpets served with vegetables and a variety of toppings. <i>Mini carrot muffins</i> <i>Water or milk</i>	Warburton thins served with a variety of toppings. <i>Smashed banana on rice cakes.</i> <i>Water or milk</i>	Sweet potatoes topped with cheese and/or soft cheese. <i>Fromage frais</i> <i>Water or milk</i>	Homemade pizza muffins with a variety of toppings served with vegetable sticks. <i>Fresh fruit salad</i> <i>Water or milk</i>	Baked beans on toast. <i>Fruit jelly</i> <i>Water or milk</i>