



Autumn/Winter Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (20%)	A selection of cereals. White toast with spread. Seasonal fruits.	A selection of cereals. White toast with spread. Seasonal fruits.	A selection of cereals. White toast with spread. Seasonal fruits.	A selection of cereals. White toast with spread. Seasonal fruits.	A selection of cereals. White toast with spread. Seasonal fruits.
Snack AM (10%)	Mixed berry medley Water	Apricot Water	Persimmon (Sharon fruit) slices. Water	Apple and pear slices. Water	Peaches Water
Lunch (30%)	Jacket potatoes served with broccoli, baked beans, and cheese. <i>Fruity fromage frais</i> Water	Lamb/Quorn keema curry with wholegrain rice. <i>Eve's pudding.</i> Water	Beef/Quorn Bolognese served with wholemeal pasta and cheese. <i>Bananas and custard</i> <i>Water</i>	Roast chicken/Quorn with roast potatoes, gravy and carrots and peas. <i>Rice pudding</i> Water	Homemade Cajun chicken/Quorn, sweet pepper, and tomato Jambalaya. <i>Greek yoghurt with fresh fruit puree.</i> <i>Water</i>
Snack PM (10%)	Water biscuits with soft cheese. Melly puffs with soft cheese for babies. Water or milk	Breadsticks with hummus. Water or milk	Pepper and celery stick with guacamole. Water or milk	Cheese wheel with grape halves (Quarters for babies) Water or milk	Rice cake with dairy lea dip. Water or milk
Tea (20%)	Pitta pockets with a variety of fillings served with vegetable sticks. <i>Cheese twists</i> Water or milk	Toasted bagels served with butter, cheese, and vegetables. <i>Natural yoghurt and bananas</i> Water or milk	Vegetable soup with garlic bread. <i>Oatcake with sugar free jam.</i> Water or milk	English muffins with a variety of fillings served with vegetables. <i>Fruit salad</i> Water or milk	Children's own creations – Pizza! <i>Bananas and custard</i> Water or milk

