

Autumn Winter Menu 2020

Week 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Shredded Wheat with organic whole milk				
	Natural yoghurt with seasonal fruit				
	Toast (wholemeal), crumpets, bagels or English muffins served with non-dairy spread and cup of organic whole milk				
MORNING SNACK	Selection of fresh seasonal fruit				
LUNCH	Cauliflower and broccoli wholemeal pasta bake served with tomato and puy lentil salad	Beef chilli served with potato wedges and sweetcorn	Fish paella	Vegetable and red lentil lasagne served with carrots	Pork ragu with mashed potato and seasonal green vegetables
VEGETARIAN LUNCH		Mixed bean chilli served with potato wedges and sweetcorn	Tofu and pea risotto		Lentil ragu with mashed potato and seasonal green vegetables
DESSERT	Fresh fruit or seasonal fruit salad, natural yoghurt with fruit, stewed fruit and custard, rice pudding, Chef's oat cookies, Chef's hot pudding or Chef's cake				
AFTERNOON SNACK	Homemade scones, cumin straws, wholemeal bread, rice cakes - served with homemade dips or houmous				
TEA	Sweet and sour vegetables served with egg or rice noodles	Chef's homemade butternut squash and butterbean soup served with wholemeal bread	Jacket potato with cheese and baked beans served with vegetable sticks	Tuna, cheese and tomato filled pitta served with cucumber sticks	Jaloff vegetable and red kidney bean rice served with tomato and cucumber salad
VEGETARIAN TEA				Falafel, cheese and tomato filled pitta served with cucumber sticks	
DESSERT	Fresh fruit or seasonal fruit salad, natural yoghurt with fruit, stewed fruit and custard, rice pudding, Chef's oat cookies, Chef's hot pudding or Chef's cake				

