

Autumn Winter Menu 2020

Week 2

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	Sweet potato, spinach and chick pea curry served with wholegrain rice and naan bread	Chicken and leek pie with puff pastry lid served with new potatoes	Cottage pie served with carrots	Lamb tagine served with cous cous	Salmon in parsley sauce served with bulgur wheat and peas
VEGETARIAN LUNCH		Mixed bean pie with puff pastry lid served with new potatoes	Lentil and mushroom pie served with carrots	Vegetable and lentil tagine served with cous cous	Red lentils and vegetable bake served with bulgur wheat and peas
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	Vegetarian and mixed beans chilli served with tortilla wraps	Fish goujons served with homemade crusty bread and peas and sweetcorn	Tuna and roast vegetables wholemeal pasta bake	Vegetable and cannellini beans soup served with homemade wholemeal bread	Cheese and mushroom focaccia served with tomato and lentil salad
VEGETARIAN TEA		Fishless fingers served with homemade crusty bread and peas and sweetcorn	Roast vegetables and red lentil wholemeal pasta bake		
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				

