

Autumn Winter Menu 2020

Week 4

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	Vegetable stroganoff served with wholegrain rice	Chicken curry served with naan bread	Tomato, tuna, cannellini bean and gnocchi bake with wholemeal garlic bread	Chef's roast dinner served with roasted winter root vegetables and mashed potato	Turkey meatballs in tomato sauce with wholemeal penne pasta
VEGETARIAN LUNCH		Chickpea and butternut squash curry served with naan bread	Tomato, tuna, cannellini bean and gnocchi bake with wholemeal garlic bread	Chef's Quorn roast dinner served with roasted winter root vegetables and mashed potato	Tomato and red lentil wholemeal penne pasta
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	Wholemeal red kidney bean and mushroom bolognese served with carrots	Red onion, courgette and feta quiche with potato salad	Roasted red pepper and red lentil soup served with cheese crostini	Mixed bean chilli tacos served with sweetcorn	Homemade cheese and tomato flatbread served with baked beans
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				

