

## Autumn/Winter Menu

Snacks am	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breadsticks & Mixed Vegetable Sticks	Toasted Crumpet, Spread and Strawberries	Yoghurt and sliced Grapes	Carrot and Cucumber	Banana Slices
Week 2	Rice Cakes and Hummus	Cheese and Pineapple	Toasted Pitta with Mashed Avocado	Breadsticks and Apple	Melba toast and Cream Cheese
Week 3	Crackers with Spread and Sliced Grapes	Melon Slices	Vegetable Stick Platter with Sweet Chilli Dip	Pear slices and cheese	Pitta Fingers with Mint Raita

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Main Course	Thai Chicken Curry (or Thai Tofu Curry) with White Rice	Lamb Moussaka (or Lentil Moussaka) with Garlic Bread and Mixed Salad	Pork Ragu (or Soya & Apple Ragu) with New Potatoes, Broad Beans and Courgette	Vegetable and Bean Pasta Bake Topped with Cheese	Salmon and Pea (or Bean and Pea) Risotto
Starter/Dessert	Fromage Frais	Rhubarb Fool	Rice Pudding with Chopped Dried Apricots	Fresh Fruit Salad	Plain Greek Yoghurt with Fruit Puree
Week 2 Main Course	Pork Meatballs ( Or Vegetable Meatballs) with Spaghetti, Peas & Carrots	Chickpea and Vegetable Biryani	Chicken (or Quorn) and Root vegetable Stew Served with Crusty Bread	Beef (or Lentil) Lasagne Served with Garlic bread, Tomato and Cucumber	Traditional Fish Pie (or Vegetable and Lentil Pie) with Seasonal Vegetables
Starter/Dessert	Fruit Compote with Natural Yoghurt	Banana and Custard	Apple pears and Plums	Autumn Fruit kebabs and Yoghurt Dip	Chefs Cake of the Week

Week 3 Main Course	Tuna (or Vegetable and bean) Patsa Bake Served with Green Beans	Irish (or Vegetable) Stew Served with Colcannon Mash	Roast Chicken (or Quorn Steak) with Roast Potatoes, Veg and Gravy	Mac n Cheese served with a Tangy Carrot Slaw	Cod Topped with a Cheese Sauce Served with Broccoli and Cauliflower
Starter/Dessert	Fruit compote and Yoghurt	Fruit Flapjack	Fresh Fruit Salad	Yoghurt and Mixed Dried Fruit	Oaty Apple Crumble Served with Custard
<b>Tea</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Week 1	Cheese and Cucumber Sandwich	Chefs Homemade Soup Served with Crusty Bread	Salmon and Dill Pasta Salad	Mini Ploughmans	Ham and Cream Cheese Bagels with Carrot Sticks
	Apricot Flapjack	Fruit and Yoghurt	Fromage Frais	Tangerines	Chocolate Brownie
Week 2	Chicken and Sweetcorn Pasta Salad	Mackerel pate with Freshly Baked Baguette	Ham & cheese Sandwich with Cherry Tomatoes	Winter Vegetable soup with a Bread Roll	Egg and Cress Pitta Pockets with Cucumber Sticks
	Yoghurt	Fruit selection	Banana bread	Fromage frais	Pineapple Slices
Week 3	Beans on Wholemeal Toast with Grated Cheese	Bagels with Tuna, Cucumber	Cheese Pitta Pockets with Homemade Coleslaw	Salmon Quiche Served cold with Tomato & Cucumber	Chicken Mayo Wrap with Iceburg Lettuce
	Tangerines	Fromage Frais	Fresh Fruit	Lemon and Raspberry Muffin	Fruit Compote with Naturel Yoghurt

<b>Snacks pm</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Week 1	Fresh Fruit	Melon Platter	Crumpet and Spread	Pineapple Slices	Pear Slices with Cheese
Week 2	Oat cake and Apple Slices	Crackerbread and Cream Cheese	Vegetable Sticks with Hummus	Fresh Fruit	Cheese and Crackers
Week 3	Carrot and Cucumber	Rice Cakes and Spread	Sliced Fruit Platter	Pineapple and Cheese	Breadsticks and Hummus