

	Breakfast (20%)	Snack AM (10%)	Lunch (30%)	Snack PM (10%)	Tea (20%)	NOTES:
Monday	A selection of cereals. White toast with spread. Peach Slices	Mixed berry medley Water	Jacket potatoes served with broccoli, baked beans and cheese. <i>Fruity fromage frais</i> Water	Breadsticks with hummus Milk or water	Pitta pockets with a variety of fillings, served with vegetable sticks. <i>Oatcake with sugar free jam.</i> Water	
Tuesday	A selection of cereals. Wholemeal toast with spread. Blackberries	Banana and apricot Water	Lamb keema with wholegrain rice. <i>Eve's pudding with custard.</i> Water	Cheese and vegetable pin wheels. Milk or water	Potato cakes served with butter cheese and vegetable accompaniments. <i>Plain yoghurt and banana</i> Water	
Wednesday	A selection of cereals. Wholemeal toast with spread. Grapefruit	Persimmon (Sharon fruit) slices Water	Creamy chicken and leek hotpot with cauliflower. <i>Fruit cocktail.</i> Water	Smashed avocado on toast Milk or water	Vegetable soup with garlic bread. <i>Mini carrot muffins.</i> Water	
Thursday	A selection of cereals. White toast with spread Apricots	Grapes and apple slices. Water	Chickpea and vegetable biryani with naan bread. <i>Rice pudding</i> Water	Bagels with flavoured soft cheese. Milk or water	English muffins with a variety of fillings served with vegetables. <i>Fruit Salad</i> Water	

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