

Autumn/Winter Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (20%)	A selection of cereals. White toast with spread. Season fruits.	A selection of cereals. Wholemeal toast with spread. Season fruits.	A selection of cereals. White toast with spread. Season fruits.	A selection of cereals. Wholemeal toast with spread. Season fruits.	A selection of cereals. White toast with spread. Season fruits.
Snack AM (10%)	Mixed berry medley Water	Melon Water	Plums and peaches. Water	Apple and pear slices Water	Banana halves Water
Lunch (30%)	Homemade macaroni cheese with cauliflower and broccoli. <i>Peach fool</i> Water	Chicken/Quorn and vegetable stew served with rice. <i>Banana flapjack</i> Water	Lentil bake topped with cheese served with broccoli. <i>Natural yoghurt with honey</i> Water	Homemade Shepards pie. <i>Ice cream cones.</i> Water	Tuna and mixed vegetables in tomato and herb sauce with wholegrain couscous. <i>Winter berry crumble</i> Water
Snack PM (10%)	Tortilla wraps with cream cheese and lettuce filling. Water or milk	Melba toast with tzatziki dip. Water or milk	Crackers with flavoured soft cheese Veggie straws with flavoured soft cheese for babies. Water or milk	Rice cakes with hummus. Water or milk	French toast with soft cheese. Water or milk
Tea (20%)	Jacket potato topped with cheese. <i>Fromage frais</i> Water or milk	Cheese and vegetable pin wheels with a side of veg sticks. <i>Flavoured rice cakes.</i> Water or milk	Potato waffles with baked beans. <i>Mini Cheddars</i> Water or milk	Self-serve tea-making our own sandwiches. <i>Winter fruit salad.</i> Water or milk	Wholemeal rolls with a selection of fillings and crunchy veg. <i>Pineapple slices.</i> Water or milk

