

Autumn/ Winter 2021/22 Menu 1

	Breakfast (20%)	Snack AM (10%)	Lunch (30%)	Snack PM (10%)	Tea (20%)	NOTES:
Monday	A selection of cereals. White toast with spread. Pineapple chunks	Apple and pear slices Water	Homemade macaroni cheese with cauliflower and broccoli. <i>Peach fool.</i> Water	Tortilla wraps with cream cheese and lettuce filling. Milk or water	Potato waffles with BBQ beans. <i>Banana.</i> Water	
Tuesday	A selection of cereals. Fruit toast with spread. Pear segments	Mixed Berry Medley Water	Chicken and vegetable stew served with rice. <i>Banana Flapjack</i> Water	Melba toast with tzatziki dip. Milk or water	Scrambled egg on toast served with a selection of vegetable sticks. <i>Pineapple slices.</i> Water	
Wednesday	A selection of cereals. Wholemeal toast with spread. Bananas	Plum and satsuma segments. Water	Lentil bake topped with cheese served with garlic bread. <i>Winter berry crumble.</i> Water	Crackers with flavoured soft cheese. Milk or water	Tomato soup served with soft bread rolls. <i>Flavoured rice cake.</i> Water	
Thursday	A selection of cereals. White toast with spread. Apple slices	Melon Water	Tuna and mixed vegetables in tomato and herb sauce with wholegrain cous cous. <i>Natural yoghurt with honey.</i> Water	Cheese rice cakes with hummus and tomatoes. Milk or water	Jacket potato topped with cheese. <i>Winter fruits salad.</i> Water	

