

# Autumn & Winter Menu Week 1



Monday	Tuesday	Wednesday	Thursday	Friday (V)
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**Breakfast-** A selection of cereals or porridge (Please see chef for allergen information)  
**Early snack** – Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information)

**Lunchtime (served with Water)**

Starter		Corn on the cob (Melon for under 2's)		Garlic bread <b>G SY SE DA</b>	
<b>Main course</b>	Vegetable pasta bake in a tomato and lentil sauce <b>DA G</b>	Chinese chicken curry with 50/50 rice <b>MU</b>	Lancashire beef or lamb hotpot with braised cabbage <b>G</b>	Salmon and vegetable carbonara <b>DA G F SU</b>	Linda McCartney mince puff pastry pie with parsnip mash, peas and carrots <b>G SY SU CE</b>
<b>Vegetarian Option</b>	Same as main meal	Chinese chickpea and vegetable curry with 50/50 rice <b>MU</b>	Lancashire vegetable and butterbean hotpot with braised cabbage <b>CE G</b>	Quorn and vegetable carbonara <b>E DA G SU</b>	Same as main meal
<b>Dessert</b>	Semolina pudding with plum sauce <b>DA G</b>		<b>Children's Choice</b> Gingerbread loaf <b>E G</b> or Lime and parsnip muffin <b>E G</b>		Stewed apple and reduced sugar custard <b>DA</b>

**Afternoon snack** – Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

**Teatime (served with water)**

Starter	Cheese and apple sticks <b>DA</b>				Mixed pepper sticks with guacamole <b>DA</b>
<b>Main course</b>	Mixed root vegetable wedges with reduced salt and sugar baked beans	Tuna and cheese melt with cucumber sticks <b>G E F SY DA MU SE</b>	Ham and pease pudding <b>SE G SY DA</b> or Egg mayonnaise sandwiches <b>E G SY MU SE</b> with tomato wedges	Curried carrot and lentil soup <b>MU</b> Beetroot flatbread <b>DA G</b>	Mexican bean fajita <b>MU G</b>
<b>Vegetarian Option</b>	Same as main meal	Cheesy bean melt with cucumber sticks <b>G SY DA MU SE</b>	Egg mayonnaise sandwiches <b>E G SY MU SE</b> with tomato wedges	Same as main meal	Same as main meal
<b>Dessert</b>		Fruit yoghurt <b>DA</b>	Satsuma and melon	Sliced pear with vanilla natural yoghurt <b>DA</b>	