

# Autumn & Winter Menu Week 2

Monday	Tuesday (V)	Wednesday	Thursday	Friday
--------	-------------	-----------	----------	--------

**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)**

	Monday	Tuesday (V)	Wednesday	Thursday	Friday
<b>Starter</b>			Melon		Tomato bruschetta <b>G SY SE</b>
<b>Main course</b>	Spanish chicken paella	Lentil and vegetable shepherds pie with green beans or broccoli <b>CE</b>	Pollock in a parsley sauce with new potatoes, peas and sweetcorn <b>F DA G</b>	Sausages in an onion gravy with root vegetable mash and sprouts (Please see chef for allergen information) <b>DA G</b>	Beef lasagne with nursery salad <b>DA G</b>
<b>Vegetarian Option</b>	Spanish Quorn paella <b>E</b>	Same as main meal	Mixed vegetables and tofu in a parsley sauce with new potatoes, peas and sweetcorn <b>DA G SY</b>	Linda McCartney sausages in an onion gravy with root vegetable mash and sprouts <b>G SY SU</b>	Vegetable butterbean lasagne with nursery salad <b>DA G</b>
<b>Dessert</b>	Banana and low sugar custard <b>DA</b>	Winter berry and apple with vanilla natural yoghurt <b>DA</b>		Fruit Yoghurt <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)**

	Monday	Tuesday (V)	Wednesday	Thursday	Friday
<b>Starter</b>	Mackerel pate with pitta fingers <b>F DA G</b>			Savoury sweet potato biscuit with a Cheese stick <b>SU DA G</b>	
<b>Main course</b>	Hearty vegetable soup <b>CE</b>	<b>Children's choice:</b> Children to top their own vegetarian Pizza <b>G SY SE DA</b>	Cowboy beans on a jacket potato slice	Tuna and cucumber wrap with mixed pepper sticks <b>F E G MU</b>	Turkey and tomato sandwiches <b>G SY SE</b> or Egg and cress sandwiches <b>G E SY MU SE</b> with carrot sticks
<b>Vegetarian Option</b>	Starter-lentil pate with pitta fingers <b>CE G</b> Main- Same as main meal	Same as main meal	Same as main meal	Hummus and cucumber wrap with mixed pepper sticks <b>G</b>	Egg and cress sandwiches <b>G E SY MU SE</b> with carrot Sticks
<b>Dessert</b>		Seasonal fruit platter	<b>Children's Choice</b> Carrot muffin <b>G E SU</b> Tea loaf <b>G E SU</b>		Blended fruit smoothie