

# Autumn & Winter Menu Week 3



Monday	Tuesday	Wednesday (V)	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	Wednesday (V)	Thursday	Friday
<b>Starter</b>			Cream cheese and chive dip with celery and carrot dippers CE DA		Tomato soup DA
<b>Main course</b>	Traditional fish pie with peas and carrots DA G F	Sweet and sour chicken with egg noodles CE E G	Winter vegetable and lentil cobbler with green beans CE G	Beef and vegetable Rogan Josh with 50/50 rice G MU	Turkey and cranberry puff pastry pie with mashed potato, swede and peas DA G
<b>Vegetarian Option</b>	Traditional vegetable pie with peas and carrots DA G	Sweet and sour Quorn with egg noodles CE E G	Same as main meal	Vegetable and chickpea Rogan Josh with 50/50 rice G MU	Butterbean and cranberry puff pastry pie with mashed potato, swede and peas DA G
<b>Dessert</b>	Sliced pear and sultanas	Banana yoghurt DA		Apple and blackberry crumble with low sugar custard DA G	

**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	Wednesday (V)	Thursday	Friday
<b>Starter</b>		White and sweet potato wedges with garlic mayonnaise E MU		Melon	
<b>Main course</b>	Egg mayonnaise sandwiches with carrot sticks G SY MU E SE	Vegetable scotch broth CE G	Beanie crunch quesadilla G	Butternut squash and spinach macaroni cheese DA G	Salmon and sweetcorn sandwiches G SY SE F E MU or Mixed pepper hummus sandwiches G SY SE served with cucumber sticks
<b>Vegetarian Option</b>	Mixed pepper hummus sandwiches G SY SE served with cucumber sticks	Same as main meal	Same as main meal	Same as main meal	Mixed pepper hummus sandwiches G SY SE served with cucumber sticks
<b>Dessert</b>	Seasonal fruit pot		Orange and melon		<b>Children Choice</b> Blueberry flapjack G or Chocolate and raspberry brownie G DA E SY