

# Autumn & Winter Menu Week 4



Monday	Tuesday (V)	Wednesday	Thursday	Friday
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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)**

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

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