

Autumn & Winter Menu Week 5

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

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