

Autumn & Winter Menu Week 6

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

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	Thursday	Friday (V)
Starter		Tomato soup DA			Cream cheese and chive dip with celery and carrot dippers CE DA
Main course	Beef and vegetable Rogan Josh with 50/50 turmeric rice G MU	Turkey and cranberry puff pastry pie with mash, swede and peas DA G	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
Vegetarian Option	Vegetable and chickpea Rogan Josh with 50/50 rice G MU	Butterbean and cranberry puff pastry pie with mash, swede and peas DA G	Traditional vegetable pie with peas and carrots DA G	Sweet and sour Quorn with egg noodles CE E G	Same as main meal
Dessert	Apple and blackberry crumble with low sugar custard DA G		Sliced pear and sultanas	Banana yoghurt DA	

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