

Autumn Menu

September, October and November

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Oat cake with fresh fruit	Cheesey biscuit with fresh fruit	Breadsticks with fresh fruit	Rice cake with fresh fruit	Buttered fruit loaf with fresh fruit
Main	Savory mince G, SY	Chicken and vegetable creamy coconut curry CO	Root vegetable and bean hotpot	Smoked salmon and crème fraiche spaghetti F, DA, G	Chicken and vegetable moroccan tagine
Vegetarian option	Savory quorn mince G, SY	Vegetable creamy coconut curry CO	As main menu	Herby tomato spaghetti G	Moroccan vegetable tagine
Sides	Creamy mash potato and savoy cabbage DA	Boiled rice	Herby roast potatoes and green beans	Peas and sweetcorn	Couscous
Dessert	Warm fresh fruit salad	Natural yogurt with blueberry puree DA	Homemade rice pudding with cinnamon banana slices DA	Very berry low sugar jelly	Apple and blackberry crumble with custard G, DA
Pm Snack	Rice cake with vegetable sticks	Breadsticks with fresh fruit	Buttered crackerbread with vegetable sticks	cheesy biscuit with fresh fruit	Oat cake with vegetable sticks
Tea	Cheesy baked beans on toast G, DA	Hidden vegetable pizza fingers with vegetable sticks G, DA	Pitta pockets filled with Tuna sweetcorn mayo Coronation chicken E, F, G	Homemade potato and leek soup with pitta bread fingers G, DA	Sandwiches ham & tomato grated cheese & carrot egg and cress DA, G, E
Dessert	Stewed apple and plums with ice cream DA	Carrot cake oaty bars E, DA	Fruit salad	Peaches and cream DA	Fresh fruit platter

Where allergens are present it is displayed next to the appropriate meal

Gluten - G, Egg -E, Fish - F, Nuts - N, Peanuts -P, Soya - SY, Dairy - DA, Mustard - MU, Sesame - SE, Shellfish (Crustaceans & Molluscs),
Lupin - L, Sulphites - SU

