

Autumn Menu

September, October and November

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain cracker with fresh fruit G	Oat cake with fresh fruit	Rice cake with fresh fruit	Breadsticks with fresh fruit G	Crackerbread with fresh fruit G
Main	Chicken bolognaise	Sausage casserole G,SY	Vegetable moussaka	Fish and spinach pie with sweet potato topping F,DA,G	Beef chilli
Vegetarian Option	Meat free bolognaise SY	Veggie sausage casserole G,SY,E	As main menu	Jack fruit and spinach pie with sweet potato topping G	5 bean chilli
Sides	Penne pasta G	Mash potato and green beans DA	Garlic bread G,DA	Broccoli and cauliflower	Boiled rice
Dessert	Oat topped rhubarb crumble with cream DA	Homemade rice pudding with chopped apricots	Homemade apple strudel with natural yogurt DA,G	Warm fresh fruit salad	Bananas and custard DA
PM Snack	Crackerbread with fresh fruit or vegetable sticks G	Breadsticks with fresh fruit or vegetable sticks G	Multigrain cracker with fresh fruit or vegetable sticks G	Oat cake with fresh fruit or vegetable sticks	Rice cake with fresh fruit or vegetable sticks
Tea	Pitta chips with homemade hummus and vegetable sticks G	Coconut and butternut squash soup with toasted soldiers C,G,DA	Sandwiches cheese spread and cucumber tuna mayo pate and lettuce G,DA,F	Pitta bread pizzas with vegetable sticks G,DA	Roasted root vegetables with homemade dips
Dessert	Fresh fruit platter	Mandarines with evaporated milk DA	Fruit platter	Natural yogurt with blueberry puree DA	Ice cream with berry compote DA

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 - SF (Crustaceans & Molluscs),
Lupin - L, Sulphites - SU

