

Autumn Menu

September, October and November

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Breadsticks with fresh fruit G	Rice cake with fresh fruit	Oat cake with fresh fruit	Buttered fruit loaf with fresh fruit G,DA	Multigrain cracker with fresh fruit G
Main	Mango chicken curry	Cottage pie G	Tuna pasta bake	Tomato and basil chicken	Three cheese macarroni
Vegetarian Option	Vegetable curry	Meat free cottage pie G,SY	Roasted vegetable pasta bake	Quorn fillet in a tomato and basil sauce	
Sides	Brown rice	Red cabbage	Rainbow salad	Mini roast potatoes with broccoli and green beans	Peas and sweetcorn
Dessert	Stewed apple and sultanas with natural yoguart DA	Stewed pears with custard DA	Oaty date bar	Homemade rice pudding with rhubarb compote	Fresh fruit salad
Pm Snack	Cheesy biscuit with fresh fruit or vegetable sticks G,DA	Oat cake with fresh fruit or vegetable sticks	Multigrain cracker with fresh fruit or vegetable sticks	Crackerbread with fresh fruit or vegetable sticks	Breadsticks with fresh fruit or vegetable sticks
Tea	Pea and ham soup with crusty bread G	Chicken tikka or curried egg pita pockets with mango chutney and vegetable sticks G,E	Open topped bagels with vegetable sticks G,DA	Vegetable couscous salad	Ham and cheese wraps with vegetable sticks G,DA
Dessert	Low sugar milk jelly DA	Fruit platter	Natural yogurt with mango puree DA	Fruit platter	Slice of warm banana bread G,DA,E

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