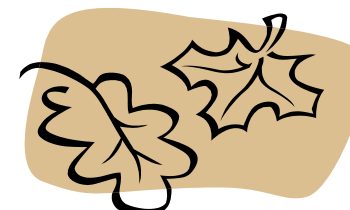


AUTUMN/WINTER MENU



Week 2 Menu

Breakfast – selection of cereals, porridge and wholemeal toast with butter

Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Snack	Snack	Snack	Snack
Seeded crackers with cheese spread	Date and coconut energy balls	Breadsticks with hummus	Corn on the cob with cheese	Wholemeal pitta with tzatziki
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken and mushroom Carbonara	Savoury mince with mixed pepper rice	Tuna and sweet corn cheesy pasta bake with garlic bread	Chicken, butter bean and vegetable stew	Cod in cheese and parsley sauce with boiled potatoes and peas
Pudding	Pudding	Pudding	Pudding	Pudding
Natural yogurt	Clementine's	Seasonal fruit salad	Dried apricots and raisins	Peaches
Snack	Snack	Snack	Snack	Snack
Corn tortillas with bean dip	Carrot sticks with raita	Cucumber and cream cheese dip	Wholemeal roti with lentil dip	Banana loaf (no added sugar)
Teatime	Teatime	Teatime	Teatime	Teatime
Potato and Leek soup with a sandwich	Cheese on wholemeal toast with sliced cucumber	Turkey sausages with potato waffles and baked beans	Vegetable kedgeree	Winter vegetable soup with a sandwich
Pudding	Pudding	Pudding	Pudding	Pudding
Apples	Bananas	Natural yoghurt	Clementine's	Natural yoghurt



Snacks/meals in red contain egg

Organic Produce Used Where Possible