



AUTUMN/WINTER MENU



## Week 4 Menu

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Tomato flat bread	Breadsticks and hummus	Wholemeal pitta with tzatziki	Corn tortillas with sour cream dip	Banana loaf (no added sugar)
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Lamb and vegetable stew with dumplings	Cod fillet with boiled potatoes and seasonal vegetables	Bean and vegetable chilli with rice	Spaghetti Bolognese with carrots	Roast chicken with potatoes, Yorkshire pudding, seasonal vegetables and gravy
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Dried apricots and raisins	Seasonal fruit smoothie	Warm berries	Stewed pears	Greek yoghurt
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Rice cakes with cheese spread	Seeded crackers	Sunflower and apricot energy balls	Rainbow hummus with cucumber	Breadsticks with mashed avocado
<b>Teatime</b>	<b>Teatime</b>	<b>Teatime</b>	<b>Teatime</b>	<b>Teatime</b>
Cauliflower cheese	Roasted root vegetables with spaghetti hoops	Homemade chicken pizza	Jacket potatoes with cheesy beans	Crumpets with scrambled eggs and tomatoes
<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>	<b>Pudding</b>
Natural yoghurt	Bananas	Natural yoghurt	Clementine's	Raisins



**Meals/snacks in red contain egg**

Organic Produce Used Where Possible