

# Autumn/Winter Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal & Whole Milk Toast & Preserves				
<b>AM Snack</b>	Banana, cucumber sticks and a carbohydrate	Grape, orange and a carbohydrate	Strawberries, grape and a carbohydrate	Orange, pear and a carbohydrate	Pepper sticks, melon and a carbohydrate
<b>Main Meal</b>	Cheese, bean and potato bake served with carrots	Creamy tuna and mushroom pasta bake served with sweetcorn and garlic bread	Sweet and Sour Chicken noodles served with noodles	Morrocان Lamb CousCous, served with poppadoms	Chilli ConCarne with Jacket Potatoes
<b>Vegetarian</b>		Creamy mushroom pasta bake served with sweetcorn and garlic bread	Sweet and Sour Quorn Chicken noodles	Morrocان Vegetable CousCous served with poppadoms	Quorn Chilli ConCarne with Jacket Potatoes
<b>Dessert</b>	Lemon shortbread	<b>Discoverers</b> - Stewed apples <b>Explorers</b> - children's bake	Greek yoghurt and berry cake	Jam puff	Yoghurt
<b>PM Snack</b>	Apple, strawberries and a carbohydrate	Banana, pepper sticks and a carbohydrate	Melon, pear and a carbohydrate	Cucumber sticks, grape and a carbohydrate	Pear, apple and a carbohydrate
<b>Tea</b>	Pancakes and blueberries	Hot cross bun loaf and apple slices	Toasted crumpets with cheese and tomato	Vegetable soup and bread	Potato cakes and baked beans