



Autumn/Winter menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal & Whole Milk Toast & Preserves				
AM Snack	Fresh fruit and/or vegetables served with a carbohydrate.				
Main Meal	Broccoli and pea orzo served with garlic bread	Lamb keema curry served with rice, peas and poppadoms	Pizza chicken served with carrot waffles and baked beans	Roast chicken, potatoes, mixed veg, stuffing and a yorkshire pudding with gravy	Omega 3 breaded fish fingers served with mash and baked beans
Vegetarian		Vegetable curry served with rice, peas and poppadoms	Pizza Quorn filet served with carrot waffles and baked beans	Quorn, potatoes, mixed veg, stuffing and a yorkshire pudding with gravy	Vegetable fingers served with mash and baked beans
Dessert	Banana and custard	Lemon cheesecake pinwheels	Jelly	Explorers bake Discoverers - stewed fruit	Strawberry mousse
PM Snack	Fresh fruit and/or vegetables.				
Tea	Sandwich thins with cheese and tomato	Sausage rolls with grated carrot	Toasted tea cakes	Fruit scones and blueberries	Toasted crumpets