



Autumn/Winter menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal & Whole Milk Toast & Preserves				
AM Snack	Fresh fruit and/or vegetables served with a carbohydrate.				
Main Meal	Creamy tuna pasta bake served with sweetcorn and fresh bread.	Sweet and sour chicken noodles served with mixed veg and prawn crackers	Chicken tikka masala served with rice, peas and naan bread	Hidden vegetable spaghetti bolognese served with garlic bread and broccoli	Sausage casserole served with mash, carrots and gravy
Vegetarian	Creamy vegetable pasta bake served with sweetcorn and fresh bread.	Sweet and sour quorn noodles served with mixed veg and prawn crackers	Vegetable tikka masala served with rice, peas and naan bread	Hidden quorn vegetable spaghetti bolognese served with garlic bread and broccoli	Vegetable casserole served with mash, carrots and gravy
Dessert	Ice cream and fruit coulis	Explorers bake Discoverers - stewed fruit	Yoghurt	Shortbread biscuit	Strawberry, banana and cream flapjack
PM Snack	Fresh fruit and/or vegetables.				
Tea	Fruit scones and raspberries	Bagels with cream cheese	Sausage rolls with grated carrot	Child's choice of sandwiches	Toasted tea cakes