

Autumn Menu: Week 1

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Supper
Mon	Cereal And Toast and a selection of fresh fruit	Breadsticks and crudities of carrots served with hummus	Tuna pasta bake served with peas	Fresh Fruit Salad	Apples	Savoury Rice Yogurt and Fresh fruit
Tue	Cereal And Toast and a selection of fresh fruit	Banana	Salmon fishcakes with couscous	Sugar free jelly	Rice Cakes served with crudities of cucumber served with cream cheese	Chicken and sweetcorn chowder Mango Smoothie
Wed	Cereal And Toast and a selection of fresh fruit	Oatcakes served with crudities of peppers served with hummus	Turkey meatballs in tomato and basil sauce served with spaghetti	Cranberry and Raisin flapjack	Melon	Cheese and mixed beans potato bake Yogurt and Fresh fruit
Thu	Cereal And Toast and a selection of fresh fruit	Pears	Sweet and sour chicken with rice	Blueberry muffins	Rice Cakes served with crudities of cucumber served with cream cheese	Mild vegetable korma served with Naan Bread Banana Smoothie
Fri	Cereal And Toast and a selection of fresh fruit	Breadsticks and crudities of carrots served with hummus	Fish Pie Served with broccoli	Banana served with coconut custard	Satsumas	Spaghetti Carbonara Yogurt and Fresh fruit

Autumn Menu: Week 2

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Tea
Mon	Cereal And Toast and a selection of fresh fruit	Breadsticks and crudities of carrots served with hummus	Sausage casserole with carrots	Fresh fruit salad	Apples	Roasted vegetable Paella Yogurt and Fresh Fruit
Tue	Cereal And Toast and a selection of fresh fruit	Pears	Chicken and Mushroom Pie served with mixed veg	Rice Pudding	Rice Cakes served with crudities of cucumber served with cream cheese	Cheesy broccoli pasta Strawberry Smoothie
Wed	Cereal And Toast and a selection of fresh fruit	Oatcakes served with crudities of peppers served with hummus	Beef chilli con carne served with rice	Strawberry Mousse	Melon	Vegetable Stew served with a bread roll Yogurt and Fresh Fruit
Thu	Cereal And Toast and a selection of fresh fruit	Satsumas	Lamb hotpot with green beans	Sugar free jelly	Rice Cakes served with crudities of cucumber served with cream cheese	Macaroni cheese with ham Banana Smoothie
Fri	Cereal And Toast and a selection of fresh fruit	Breadsticks and crudities of carrots served with hummus	Salmon pasta bake Served with sweetcorn	Coconut macaroons	Bananas	Pea and Parmesan risotto Yogurt and Fresh Fruit

Autumn Menu: Week 3

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Tea
Mon	Cereal And Toast and a selection of fresh fruit	Breadsticks and crudities of carrots served with hummus	Pork and apple casserole served with mash	Fresh Fruit Salad	Apples	Chicken noodle soup Yogurt and Fresh Fruit
Tue	Cereal And Toast and a selection of fresh fruit	Pears	Spaghetti Bolognese served with Salad	Apple and sultana muffins	Rice Cakes served with crudities of cucumber served with cream cheese	Cheesy baked broccoli with butternut squash Pineapple & Banana Smoothie
Wed	Cereal And Toast and a selection of fresh fruit	Oatcakes served with crudities of peppers served with hummus	Lamb lasagne Served with peas	Chocolate Mousse	Melon	Spinach risotto Yogurt and Fresh Fruit
Thu	Cereal And Toast and a selection of fresh fruit	Satsumas	Chicken and asparagus pie served mixed vegetables	Coconut macaroons	Rice Cakes served with crudities of cucumber served with cream cheese	Sausages and vegetables Blueberry Smoothie
Fri	Cereal And Toast and a selection of fresh fruit	Breadsticks and crudities of carrots served with hummus	Beef, broccoli and corn stir fry	Sugar free jelly	Bananas	Mild Vegetable Curry served with Naan Bread Yogurt and Fresh Fruit

Autumn Menu: Week 4

	Breakfast	Morning Snack	Lunch	Lunch Pudding	Afternoon Snack	Tea
Mon	Cereal And Toast and a selection of fresh fruit	Breadsticks and crudities of carrots served with hummus	Sausages served with mashed potato and peas	Fresh Fruit Salad	Apples	Roasted vegetable pasta bake Yogurt and Fresh Fruit
Tue	Cereal And Toast and a selection of fresh fruit	Pears	Shepherd's pie served with mixed veg	Brioche Bread Pudding	Rice Cakes served with crudities of cucumber served with cream cheese	Macaroni cheese Mango Smoothie
Wed	Cereal And Toast and a selection of fresh fruit	Oatcakes served with crudities of peppers served with hummus	Mild Chicken curry served with rice	Fresh Fruit Salad	Melon	Mushroom risotto Yogurt and Fresh Fruit
Thu	Cereal And Toast and a selection of fresh fruit	Satsumas	Pork Meatballs served in tomato sauce with cous cous	Sugar free jelly	Rice Cakes served with crudities of cucumber served with cream cheese	Butternut Squash and sweetcorn soup Served with bread rolls Banana Smoothie
Fri	Cereal And Toast and a selection of fresh fruit	Breadsticks and crudities of carrots served with hummus	Cod in parsley sauce Served with mash and broccoli	Fruit Crumble served with cream	Bananas	Thai style chicken served with noodles Yogurt and Fresh Fruit