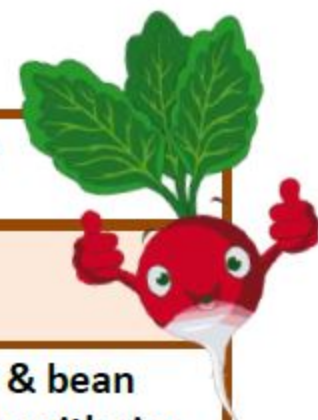


Autumn/Winter Week 1

w/c 31st Oct, 28th Nov, 2nd Jan, 30th Jan, 27th Feb and 27th Mar



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of either: Toast or Cereal With water or milk to drink				
Lunch With water to drink	Leek and Salmon Risotto	Sausages with spinach in a tomato sauce served with couscous	Chicken and Ham Pasta	Sweet potato and spinach curry with cous cous	Lamb & bean casserole with rice
	Greek yoghurt with a drizzle of honey	Blackberry and Apple crumble with custard	Blueberry muffins	Slices of watermelon	Homemade Muesli bar
Snack	Rice cakes	Orange slices	Banana	Bread sticks & Houmous	Creamed cheese on crackers
Tea With water or milk to drink	Baked beans on wholemeal toast	Sweet potato and carrot soup with a bread roll	Pitta Pizza Pocket & cucumber salad	Cheese and egg bites served with crudities	Homemade sausage roll with crudities
	Banana	Greek yoghurt	Orange and apple slices	Banana Bread	Greek yoghurt and mango puree

Autumn/Winter Week 2

w/c - 7th Nov, 5th Dec, 9th Jan, 6th Feb and 6th March



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of either: Toast or Cereal With milk or water to drink				
Lunch With water to drink	Sweet potato and spinach curry with couscous	Sausages with sweetcorn and mashed potato	Salmon and broccoli Pasta bake	Bacon risotto with garden peas	Cottage Pie served with peas and sweetcorn
	Beetroot brownies	Rice pudding with summer fruits puree	Rhubarb Crumble and custard	Greek yoghurt with forest fruits	Stewed apple and custard
Snack With water to drink	Creamed cheese on crackers	Rice cakes	Banana	Apple slices	Breadsticks and cheese cubes
Tea With water or milk to drink	Homemade potato cakes with crudities	Homemade Cheese straws with crudities	Sausage in a bun with cherry tomatoes	Butternut squash & carrot soup with a bread roll	Cheese and tomato turnover with crudities
	Orange slices	Banana	Greek yoghurt	Homemade chocolate chip cookies	Watermelon slices

Autumn/Winter Week 3

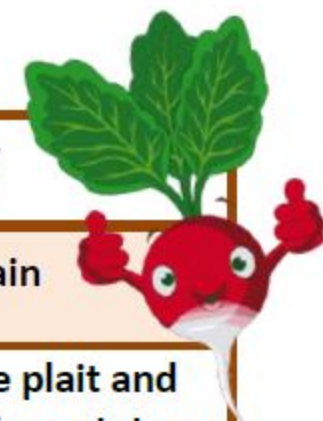
w/c 14th Nov, 12th Dec, 16th Jan, 13th Feb and 13th Mar



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of either: Toast or Cereal With milk or water to drink				
Lunch With water to drink	Tuna cheese and broccoli bake with sweetcorn	Sweet potato and spinach curry	Roast Chicken dinner with carrots and peas	Chicken Pie and vegetables	Sausage and apple casserole
	Rice pudding and forest fruits	Cinnamon Sponge	Greek Yoghurt and a drizzle of honey	Stewed apple and Custard	Beetroot Brownie
Snack With water to drink	Apple Slices	Breadsticks and houmous	Orange slices	Crackers and creamed cheese	Banana
Tea With water or milk to drink	Pitta Pizza pockets with cucumber salad	Baked beans on wholemeal toast	Corriander and Carrot soup with a bread roll	Sausage in a bun with cherry tomatoes	Cheese and Onion bites
	Homemade Muesli bar	Slices of Watermelon	Banana Bread	Orange Slices	Greek yoghurt and mango puree

Autumn/Winter Week 4

w/c 21st Nov, 19th Dec, 23rd Jan, 20th Feb, 20th March



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of either: Toast or Cereal With water or milk to drink				All contain
Lunch With water to drink	Vegetarian Goulash with crusty bread	Fish pie served with peas and sweetcorn	Sweet potato and spinach curry with cous cous	Roast chicken dinner	Sausage plait and Parmentier potatoes
	Fruit Salad	Beetroot Brownie	Apple and Cinnamon sponge	Greek yoghurt	Rice pudding with forest fruits puree
Snack With water to drink	Crackers with cream cheese	Banana	Breadsticks and houmous	Orange slices	Rice cakes
Tea With water or milk to drink	Cheese and Chive scones with crudities	Curried parsnip & apple soup with a bread roll	Homemade cheese straws and crudities	Pizza slice with cucumber and tomato salad	Tomato soup with a bread roll
	Greek Yoghurt with Forest Fruits	Orange slices	Watermelon slices	Ice cream	Banana Bread