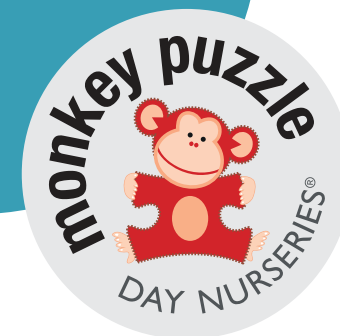


Autumn/Winter menu - Week one

Fresh drinking water available throughout the day.

Dairy free and vegetarian options provided for all dishes containing dairy products or meat/fish.



	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:45am Breakfast	Porridge Cereal – Rice Krispies, Weetabix & toast with assorted spreads	Porridge Cereal – Rice Krispies, Weetabix & toast with assorted spreads	Porridge Cereal – Rice Krispies, Weetabix & toast with assorted spreads	Porridge Cereal – Rice Krispies, Weetabix & toast with assorted spreads	Porridge Cereal – Rice Krispies, Weetabix & toast with assorted spreads
10:00am Snack (Rolling)	Crackers with jam or cheese With milk/water	Bananas with milk/water	Oranges with milk/water	Carrot and pepper slices with milk/water	Fruit platter with milk/water
11:30-12:00pm Lunch	Chicken Carbonara with spinach (Halal)	Chickpea & vegetable curry with basmati rice (VE)	Lentil & vegetable soup with croutons	Roast chicken with potatoes & vegetable (Halal)	Cauliflower & broccoli cheese bake (VE)
11:30-12:00pm Dessert	Yoghurt	Custard	Melon	Fruit salad	Apple pie and custard
2:30pm Snack (Rolling)	Tangerines with milk/water	Rice cakes with milk/water	Guacamole and breadsticks with milk	Breadsticks with milk/water	Vegetable sticks with milk/water
4:30-5:00pm Tea	Jacket potato Cheese/beans (VE)	Minestrone Soup and wholemeal bread	Turkey bolognise with garlic bread	Cheese/cucumber or chicken and tomato sandwiches	Chicken tikka curry with rice and sweetcorn (Halal)
4:30-5:00pm Dessert	Blueberry muffins	Yoghurts	Apple loaf	Carrot cake	Peaches