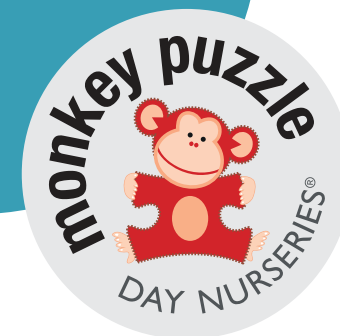


Autumn/Winter menu - Week four

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)	Cheese straws/cucumber with milk/water	Fresh fruit platter with milk/water	Rice cakes and cheese spread	Carrot and pepper slices with milk/water	Fruit platter with milk/water
11:30-12:00pm Lunch	Chicken and vegetable curry with a side of rice and naan bread	Jacket potato and chilli	Sweet and sour vegetable noodles with spring rolls	Shepherd's pie with peas and carrots	Tuna napolitana pasta served with garlic bread
11:30-12:00pm Dessert	Orange segments	Mixed berry yoghurt	Apple and raisins	Chocolate chip muffins	Butterscotch tart and custard
2:30pm Snack (Rolling)	Breadsticks with raisins with milk/water	Rice cakes with milk/water	Hummus and breadsticks with milk/water	Banana & raisins with milk/water	Banana & raisins with milk/water
4:30-5:00pm Tea	Fish cakes with new potatoes and mixed vegetables	Beef and tomato meatballs with rice and mixed vegetables	Spiced carrot and lentil soup with homemade rolls	Breaded chicken with potato wedges and peas	Fish fingers with mushy peas and wedges
4:30-5:00pm Dessert	Sugar free lemon sponge cake	Banana and apples	Banana flapjacks	Trifle	Pear slices