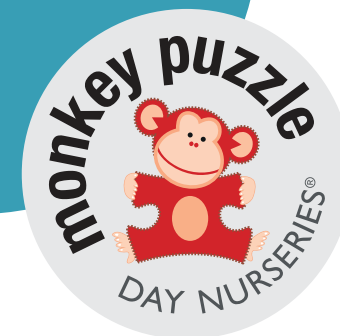


Autumn/Winter menu - Week three

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)	Bananas	Crackers with jam or cheese	Guacamole and breadsticks with milk	Carrot and pepper slices with milk/water	Fruit platter with milk/water
11:30-12:00pm Lunch	Vegetable lasagne & garlic bread	Cottage pie with carrots	Mac & Cheese and broccoli	Sausage Casserole and mash potato	Cauliflower & broccoli cheese bake
11:30-12:00pm Dessert	Strawberry Mousse	Melon slices	Fruity cupcakes	Fruit salad	Apple crumble with custard
2:30pm Snack (Rolling)	Breadsticks and raisins	Rice cakes with milk/water	Oranges and apple slices with milk/water	Bananas with milk/water	Vegetable sticks with milk/water
4:30-5:00pm Tea	Beans on toast	Minestrone Soup and wholemeal bread	Cheese/cucumber or chicken and tomato sandwiches	Tuna pasta bake	Turkey bolognaises with garlic bread
4:30-5:00pm Dessert	Tangerines	Yoghurts	Jelly	Rice pudding	Natural yoghurt and fruit