

Autumn/Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal & Whole Milk Toast & Preserves				
AM Snack	Banana, cucumber sticks and a carbohydrate	Grape, orange and a carbohydrate	Strawberries, grape and a carbohydrate	Orange, pear and a carbohydrate	Pepper sticks, melon and a carbohydrate
Main Meal	Macaroni cheese served with sweetcorn and fresh bread	Homemade mango and chicken curry served with rice and peas	Hidden Vegetable Spaghetti bolognese served with garlic bread and broccoli	Roast Chicken, Potatoes, mixed veg, gravy, stuffing and a yorkshire pudding	Fish pie served with carrots and puff pastry parcel
Vegetarian		Homemade mango and quorn curry served with rice and peas	Hidden Vegetable Quorn Spaghetti bolognese served with garlic bread and broccoli	Roast Quorn Chicken, Potatoes, mixed veg, stuffing, gravy and a yorkshire pudding	Creamy vegetable pie served with puff pastry parcel
Dessert	Discoverers - Stewed plums Explorers - children's bake	Ice cream and fruit	Yoghurt	Jelly and peach slices	Homemade fruit crumble and custard
PM Snack	Apple, strawberries and a carbohydrate	Banana, pepper sticks and a carbohydrate	Melon, pear and a carbohydrate	Cucumber sticks, grape and a carbohydrate	Pear, apple and a carbohydrate
Tea	Toasted muffins with cheese and tomato	Potato cakes and spaghetti hoops	Toasted hot cross buns	Warmed brioche and raspberries	Vegetable soup and bread