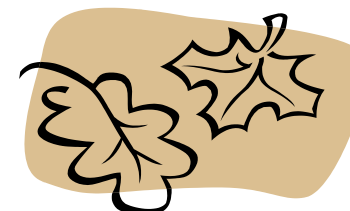


AUTUMN/WINTER MENU



Week 2 Menu

Breakfast – selection of cereals or porridge and wholemeal toast with butter

Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Snack	Snack	Snack	Snack
Seeded crackers with cheese spread	Soft tortilla pieces with bean dip	Breadsticks with hummus	Corn on the cob with cheese	Wholemeal pitta with tzatziki
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken and mushroom Carbonara	Savoury mince with mixed pepper brown rice	Tuna and sweet corn cheesy wholemeal pasta bake with garlic bread	Chicken, butter bean and vegetable stew	Cod in cheese and parsley sauce with boiled potatoes and peas
Pudding	Pudding	Pudding	Pudding	Pudding
Natural yogurt with fruit	Natural fromage frais	Seasonal fruit salad	Dried apricots and raisins	Peaches with yogurt
Snack	Snack	Snack	Snack	Snack
Rice cakes with cottage cheese	Carrot sticks with raita	Cucumber and cream cheese dip	Wholemeal roti with lentil dip	Oatcake with tuna dip
Tea	Tea	Tea	Tea	Tea
Potato, Leek and cannellini bean soup with a sandwich	Cheese on wholemeal toast with sliced cucumber	Scrambled egg and tomatoes on wholemeal toast	Vegetable and trout kedgeree	Winter vegetable and lentil soup with a sandwich
Pudding	Pudding	Pudding	Pudding	Pudding
Apples	Clementine's	Natural fromage frais	Bananas	Natural Fromage frais



Snacks/meals in red contain egg

Organic Produce Used Where Possible