

Autumn/Winter Menu 2023					
Week 2					
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of fortified, low sugar cereals with dairy or plant-based milk				
	Wholemeal toast and fresh fruit				
MID-MORNING SNACK	Blueberry cream cheese with wholemeal bagels	Homemade minty pea houmous with pitta sticks	Courgette cake	Beetroot brownies	Homemade mackerel/red pepper paté, bread sticks and vegetable crudité
LUNCH	Chicken, leek and mushroom risotto	Sardine bolognese with wholegrain pasta topped with cheese	Lentil moussaka and skin on potatoes	Shepherd's pie	Vegetable rice served with cheese or crème fraiche
VEGETARIAN	Quorn, leek and mushroom risotto	Lentil bolognese with wholegrain pasta topped with cheese		Shepherd's pie (quorn mince)	
DESSERT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
TEA	Chicken and salad wholemeal wrap	Brown bread sandwiches, egg and salad, and fruit salad.	Leek and butterbean soup served with brown bread	Cheesy scones with vegetable crudité	Brown pitta veggie pizza
VEGATARIAN	Cheese, red pepper houmous and salad wholemeal wrap				
All meals and snacks are served with a selection of seasonal vegetables and water, dairy or plant-based milk					
At all meals and snacks alternatives are provided for any dietary or cultural requirements					