

Autumn/Winter Menu 2023

Week 1

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	Bread sticks served with homemade houmous and red pepper crudité	Leek and cheese muffins and fruit	Oat cakes with homemade sardine/red pepper paté, and vegetable crudité	Pitta sticks, served with homemade tomato salsa and vegetable crudité	English muffins, cream cheese and fruit.
LUNCH	Coconut fish curry with brown rice	Beef barley stew	Chicken and mushroom stroganoff with wholemeal pasta	Lentil spaghetti bolognese with wholemeal pasta topped with cheese	Mexican chilli, jacket potato with cheese
VEGETARIAN	Vegetable curry	Sweet potato and parsnip and barley stew	Quorn and mushroom stroganoff, with wholemeal pasta		Mixed bean chilli, jacket potato and cheese
DESSERT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
TEA	Carrot, coriander and red lentil soup topped with crème fraiche and served with toasted pitta	Tuna niçoise pasta salad served with vegetable crudité	Chicken wholemeal wraps with salsa and crème fraiche	Pitta pockets with egg salad, cherry tomatoes, salad leaves and cheese, and fresh fruit	Brown bread sandwiches, cucumber and cheese, and fruit salad.
VEGATARIAN		Rainbow vegetable pasta salad	Wholemeal wraps with cheese, homemade tomato salsa and crème fraiche		
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					