

Autumn/Winter Menu 2023

Week 3

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	Wholemeal apple and cinnamon muffin	Oatcakes with cream cheese and fresh fruit	Homemade beetroot houmous with wholemeal pittas	Homemade guacamole with tortilla chips	Wholemeal banana bread
LUNCH	Broccoli cheese with wholemeal pasta and brown breadcrumbs	Roast chicken and potatoes	Haddock Kedgeree	Creamy chicken pie topped with mash	Beef and butternut squash stew
VEGETARIAN		Roast quorn chicken and potatoes	Halloumi Kedgeree	Creamy spinach and tofu pie topped with mash	Seasonable vegetable stew
DESSERT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
TEA	Salmon fingers with vegetable crudité	Homemade guacamole and chicken wrap served with cheese	Green bean frittata with new potatoes and cheese	Wholegrain pasta salad with cheese and pesto	Minestrone soup
VEGATARIAN	Tofu fingers with vegetable crudite				
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					