**Autumn/Winter lunch and tea menu**

**Monday Tuesday Wednesday Thursday Friday**

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| **W**  **E**  **E**  **K**    **O**  **N**  **E** | **Lunch & Pudding** | Roasted vegetable tuna and pasta bake  *Winter fruit salad* | Chicken or beef stew with root vegetables and  dumplings  *Natural yogurt with fruit puree* | Spaghetti carbonara with broccoli / broccoli pasta  with a white sauce (ao)  *Fruit crumble & ice cream* | Chilli con carne and rice  (qourn ao)  *Jam sponge & custard* | Roast beef or chicken, roast potatoes, green  beans and carrots  *Apples & custard* |
| **Tea & Dessert** | Croissants with cheese & ham  *Apples & Raisins* | Herby sardine pasta *Fresh fruit platter* | Wholemeal pita's with hummus, carrot &  cucumber  *Fresh fruit* | Mixed sandwiches *Fromage frais* | Wraps - various fillings  *Raisin & lemon pancakes* |
| **W**  **E**  **E**  **K**    **T**  **W**  **O** | **Lunch & Pudding** | Meat lasagne / vegetable lasagne (ao)  *Rice pudding with fruit puree* | Macaroni cheese with spinach & sweet corn  *Seasonal fruit salad & custard* | Root vegetables topped shepherds pie/quorn pie  (ao) with carrots & peas  *Natural yogurt with fruit puree* | Vegetable hotpot  *Fruit cheesecake* | Fish pie & spinach with seasonal vegetables  *Fromage frais* |
| **Tea & Dessert** | Ploughman's *Yogurt* | Tuna & sweetcorn, coronation chicken dips  with crudities  *Scones and jam* | Wraps - various fillings *Fresh & dried fruit* | Cold tuna &  sweetcorn pasta  *Banana & raisin flapjacks* | Mixed sandwiches  *Fresh fruit platter* |

*The MENU will revolve on a two weekly cycle and has been put together with the aims of the DoE & Children's Food Trust 'Eat Better, Start Better' campaign. I***f you have any questions about the new Autumn/Winter menu please speak to Lucy or Vickie.***(ao) = allergy/dietary 'alternative option'.*

