**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 anddumplings*Natural yogurt with fruit puree* | Spaghetti carbonara with broccoli / broccoli pastawith a white sauce (ao)*Fruit crumble & ice cream* | Chilli con carne and rice(qourn ao)*Jam sponge & custard* | Roast beef or chicken, roast potatoes, greenbeans 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 dipswith 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'.*

