

Sample Menu Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
8am - 9am	<p>Cornflakes</p> <p>Wholewheat Toast and butter</p> <p>Apple slices</p>	<p>Porridge and Banana</p> <p>Eggy Bread</p>	<p>Weetabix</p> <p>Wholewheat Toast and spreads</p> <p>Orange Segments</p>	<p>Scrambled Eggs</p> <p>Wholewheat Toast and butter</p> <p>Sliced Banana</p>	<p>Overnight Oats with Apple and Sultanas</p> <p>Wholewheat Toast and Spreads</p>
From 10.15am	<p>Cream Crackers</p> <p>Melon, Grapes</p> <p>Whole/Oat/Soya Milk</p>	<p>Rice Cakes</p> <p>Pears and Apple slices</p> <p>Whole/Oat/Soya Milk</p>	<p>Oatcakes with Hummus</p> <p>Kiwi, Banana</p> <p>Whole/Oat/Soya Milk</p>	<p>Cream Crackers</p> <p>Strawberries, Watermelon</p> <p>Whole/Oat/Soya Milk</p>	<p>Rice Cakes</p> <p>Oranges Slices, Grapes</p> <p>Whole/Oat/Soya Milk</p>
From 11.45am	<p>Sweet potato, Chickpea and Spinach Korma,</p> <p>Rice and Poppadoms</p> <p>Fresh Fruit Salad</p>	<p>Pasta with Seven Vegetable Sauce</p> <p>Parmesan Cheese and Garlic Bread</p> <p>Greek Yogurt and Pureed Peaches</p>	<p>Sweet and Sour Chicken Stir-fry</p> <p>Vegetables and Noodles</p> <p>Apple and Berry Compote with Custard</p>	<p>Roasted Cauliflower and Red Pepper Tagine</p> <p>Cous Cous</p> <p>Blueberry Pancakes</p>	<p>Homemade Cod and Tuna fishcakes</p> <p>Mixed greens and carrots.</p> <p>Banana and Cinnamon Rice Pudding.</p>
4pm	<p>Carrot and Courgette Muffins</p> <p>Vegetable fFngers</p>	<p>Broccoli and Cheese Bites</p> <p>Homemade Tomato Sauce</p>	<p>Spiced Pea and Potato Samosa</p> <p>Sweet Chilli Dip</p>	<p>Falafel with Salad</p> <p>Pitta Bread</p>	<p>Spanish Omelette</p>