

## Week 1 — Autumn Menu

	Mon	Tues	Wed	Thur	Fri		
Breakfast	A choice of cereal & fresh Fruit						
20% of a child's daily nutritional requirements	(Malt wheats, cornflakes, Wheat Bisks, Crisped Pice)						
Drinks: water M Snack	Breadsticks	Toasted crumpet	Wholemeal	Scotch Pancakes	Toasted Teacakes		
11 Ollwor	+Natural Yoghurt	+Spread	toast	+Strawberries	+Banana		
10% of a child's daily nutritional requirements	+Vegetable Sticks	+Strawberries	+melon				
Drinks: Water or Milk							
Lunch	Thai Chicken Curry	Lamb Moussaka	Roast beef,	Pork Meatballs	Fish & Pea		
30% of a child's daily	(or Tofu) with rice	(or Lentil) with mixed salad	root veg and gravy	and pasta Fruit kebabs	Fishcakes, Potato Wedges and		
nutritional requirements	Fruit yogurt pots	Rice pudding with	Peaches and	CUDUSA JIW 17	Spinach		
Drinks: Water	Truit Joyur ( Poto	raisins	custard		Iced biscuits		
Tea	Varied Sandwiches	Savoury Muffins	Soup and	Beans on Toast	Hot filled Wraps		
20% of a child's daily nutritional requirements	Seasonal fruit salad	Seasonal fruit salad	crusty bread Seasonal fruit	Seasonal fruit salad	Seasonal fruit salad		
Orinks: Water or Milk			salad				



## Week 2 — Autumn Menu

	Mon	Tues	Wed	Thur	Fri		
Breakfast	A choice of cereal & fresh Fruit (Malt wheats, cornflakes, Wheat Bisks, Crisped Rice)						
20% of a child's daily nutritional requirements	What wheat, our marco, wheat blore, or lepear kilos						
Drinks: water							
M Snack	Breadsticks +Natural Yoghurt	Toasted crumpet +Spread	Wholemeal toast	Scotch Pancakes +Strawberries	Toasted Teacakes +Banana		
10% of a child's daily nutritional requirements	+Vegetable Sticks	+Strawberries	+melon				
Drinks: Water or Milk							
Lunch	Chicken/quorn and veg pie with peas and	Lamb/lentil goulash with	Roast pork, root veg and	Pork/lentil ragu and rice	Chicken/quorn goujons, Potato		
30% of a child's daily nutritional requirements	sweetcorn.	carrots and broccoli	gravy. Peaches and	Fruit kebabs	Wedges and beans and		
Drinks: Water	Fruit yogurt pots	Rice pudding with raisins	custard		lced biscuits.		
Tea	Varied Sandwiches	Savoury Muffins	Soup and	Beans on Toast	Hot filled Wraps		
20% of a child's daily nutritional requirements	Seasonal fruit salad	Seasonal fruit salad	crusty bread Seasonal fruit	Seasonal fruit salad	Seasonal fruit salad		
Drinks: Water or Milk			salad				



## Week 3 — Autumn Menu

	Mon	Tues	Wed	Thur	Fri		
Breakfast	A choice of cereal & fresh Fruit						
20% of a child's daily nutritional requirements	(Malt wheats, cornflakes, Wheat Bisks, Crisped Rice)						
Drinks: water	Non adatists	To got ad a more of	lulbalaad	Ocatab Namarkas	Taratad Taradaa		
M Snack	Breadsticks	Toasted crumpet	Wholemeal	Scotch Pancakes	Toasted Teacakes		
10% of a child's daily nutritional requirements	+Natural Yoghurt +Vegetable Sticks	+Spread +Strawberries	toast +melon	+Strawberries	+Banana		
Drinks: Water or Milk							
Lunch	Salmon and pea	Beef or veggie	Roast	Quorn	Pitta pizza,		
30% of a child's daily nutritional requirements	risotto with crusty bread	lasagne and mixed salad	sausage, root veg and gravy Peaches and	bolognaise and pasta Fruit kebabs	Potatoes Wedges and sweetcorn lced biscuits		
Drinks: Water	Fruit yogurt pots	Rice pudding with raisins	custard	FLAIL KEDAD2	icea discuits		
Tea	Varied Sandwiches	Savoury Muffins	Soup and	Beans on Toast	Hot filled Wraps		
20% of a child's daily nutritional requirements	Seasonal fruit salad	Seasonal fruit salad	crusty bread Seasonal fruit	Seasonal fruit salad	Seasonal fruit salad		
Drinks: Water or Milk			salad				