



Week 1 – Autumn Menu

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



Week 2 – Autumn Menu

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



Week 3 – Autumn Menu

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