

MENU A - AUTUMN 2021

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix, Cornflakes,, Rice Krispies, Cheerios and Shreddie				
Bread	Wholemeal Toast, Bagels, Crumpets and English muffins				
Spreads	Jam, Honey, Dairy Free Spread and Butter				
Hot	Porridge	Reduced Salt Baked beans	Boiled eggs	Spaghetti Hoops	Croissants
Fruit	Assorted Fruit				
Drink	Water, Milk, Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Jacket Potato with a choice of fillings: Cheese, beans, tuna mayo, salmon and cream cheese	Beef stew	Spanish chicken	Beef bolognese with wholemeal pasta and cheese	Crumbed fish fillet
Main vegetarian dish		Squash, bean and vegetable stew	Spanish quorn fillets	Lentil vegetable bolognese with wholemeal pasta and cheese	Vegetable sausage
Vegetable / Side dish	Coleslaw, salad and bread Veg sticks	Brown and white rice and seasonal veg	Peppers, onions, new potato and couscous	Tomato, cucumber and olive salad	Baked beans and chips
Dessert	Fresh fruit or 50% fruit yoghurt	Fresh fruit selection	Cocoa brownie or Fresh fruit	Fresh fruit selection	Banana cake or fresh fruit

MENU B - AUTUMN 2021

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix, Cornflakes,, Rice Krispies, Cheerios and Shreddie				
Bread	Wholemeal Toast, Bagels, Crumpets and English muffins				
Spreads	Jam, Honey, Dairy Free Spread and Butter				
Hot	Porridge	Reduced Salt Baked beans	Boiled eggs	Spaghetti Hoops	Croissants
Fruit	Assorted Fruit				
Drink	Water, Milk, Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Tomato, lentil and hidden veg (cel) tomato pasta with cheese	Pizza: with cheese and homemade tomato sauce	Lamb and spinach biryani	Roast chicken thigh	Battered fish
Main vegetarian dish			Spiced vegetable and chickpea biryani	Roast quorn fillet	Vegetable turnovers
Vegetable / Side dish	Mixed steamed vegetables and garlic bread	Cajun spiced wedges and corn on the cob	Steamed broccoli, mint yoghurt with garlic and coriander naan bread	Roast potato and seasonal veg	Fries and baked beans
Dessert	Honeyed natural yoghurt or Fresh fruit selection	Fresh fruit selection	Apple and berry crumble or Fresh fruit	Fresh fruit	Ice cream or fresh fruit