Autumn Menu 2022

Week 1

All meals, bakes and cakes are home made with no added sugar or salt.

Morning Snack Monday to Friday will consist of:

- Seasonal fruit
- Bread sticks
- Rice cakes
- Full fat milk

Monday Lunch

- Coconut chickpea, potato & spinach curry served with basmati rice
- Mango yogurt

Monday Tea

- Tomato soup & wholemeal baguette
- Milk or Water
- Fresh Fruit

Tuesday Lunch

- Chicken/Halal Chicken and leek pie served with crushed new potatoes and garden peas
- Vegetarian option is Leek & butterbean pie served with crushed new potatoes and garden peas
- Fresh fruit salad

Tuesday Tea

- Sweet potato wedges cheese and chives dip served with vegetable crudités
- Milk or Water
- Natural Yogurt

Wednesday Lunch

- Salmon and tuna pasta served with carrot & kale salad
- Vegetarian option is Lentil pasta bake severed with carrot & kale salad
- Courgette and raisin loaf

Wednesday Tea

- Scrambled egg, cherry tomatoes, avocado & pitta fingers
- Milk or Water
- Fresh fruit

Thursday Lunch
- Beef/Halal stroganoff served with wholemeal rice
- Vegetarian option is Mushroom stroganoff served with wholemeal rice
- Baked peaches & raspberries

Thursday Tea
- English Muffins, cheese, cucumber and pepper sticks
- Milk or Water
- Bananas & Apples

Friday Lunch
- Spiced bean burger, potato wedges and coleslaw
- Bananas and custard

Friday Tea
- Chicken slices and cheese ploughman’s served with apple slices and sweet pickle
- Vegetarian: Cheese ploughman’s served with apple and sweet pickle
- Milk or Water
- Fresh fruit
Week 2

All meals, bakes and cakes are home made with no added sugar or salt.

Morning Snack Monday to Friday will consist of:

- Seasonal fruit
- Bread sticks
- Rice cakes
- Full fat milk

Monday Lunch

- Creamy mushroom Fettuccine served with baby carrots
- Lightly spiced pineapple and ice-cream

Monday Tea

- Cheese, tomato & spinach rolls
- Milk or Water
- Fresh fruit

Tuesday Lunch

- Baked fish with lemon cream, new potatoes peas and broccoli
- Vegetarian option is Fishless fish, new potatoes peas and broccoli
- Chia pudding, fresh berries & bananas

Tuesday Tea

- Vegan Cornish pasties and baked beans
- Milk or Water
- Peach yogurt

Wednesday Lunch

- Turkey/Halal Turkey stir fry and rice noodles
- Vegetarian option is Vegetable stir fry and rice noodles
- Watermelon slices

Wednesday Tea

- Hummus & salad wraps
- Milk or Water
- Fresh fruit

Thursday Lunch

- Vegetarian cottage pie topped with sweet potato served with broccoli and sweetcorn
- Orange and cardamom polenta cake
Thursday Tea

- Spinach & parmesan gnocchi
- Milk or Water
- Fresh fruit

Friday Lunch

- Lamb tagine served with couscous and Moroccan carrot and chickpea salad
- Vegetarian option is Sweet potato and Aubergine Tagine and Moroccan carrot and chickpea salad
- Fresh fruit salad

Friday Tea

- Bagels topped with cream cheese and chives, cucumber and tomato wedges
- Milk or Water
- Frozen strawberry yogurt
Week 3

All meals, bakes and cakes are home made with no added sugar or salt.

Morning Snack Monday to Friday will consist of:

- Seasonal fruit
- Bread sticks
- Rice cakes
- Full fat milk

Monday Lunch

- Cod Fish bites, mash potato served with mushy peas
- Vegetarian option is Vegetable fingers, mash potato served with mushy peas
- Baked cinnamon and apple with Natural Yogurt

Monday Tea

- Sweet potato & butternut squash soup served with bread rolls
- Milk or Water
- Fresh fruit

Tuesday Lunch

- Chicken/Halal Chicken tikka masala, served with basmati rice and Cauliflower florets
- Vegetarian option is Vegetable masala served with basmati rice and Cauliflower florets
- Fresh fruit salad

Tuesday Tea

- Home Made Pizza with assorted vegetable toppings
- Milk or Water
- Raspberry yogurt and Milk

Wednesday Lunch

- Mixed bean pie topped with Cheddar and Parsley mash
- Lemon Cake

Wednesday Tea

- Vegetable frittata served with carrot & pepper sticks
- Milk or Water
- Fresh fruit

Thursday Lunch
- Spanish beef/halal meatballs & spaghetti served with salad
- Vegetarian option is Spanish butterbean and courgette Spaghetti served with salad
- Creamy rice pudding and apricot puree

**Thursday Tea**
- Cheese, Avocado and Cherry Tomatoes toasted on French Bread
- Milk or Water
- Pineapple and strawberries

**Friday Lunch**
- Vegetarian moussaka and vegetable medley
- Natural Yogurt

**Friday Tea**
- Chicken Shawarma pittas
- Vegetarian option is Baked Jackfruit Shawarma pittas
- Milk or Water
- Fresh fruit
Week 4

All meals, bakes and cakes are home made with no added sugar or salt.

Morning Snack Monday to Friday will consist of:

- Seasonal fruit
- Bread sticks
- Rice cakes
- Full fat milk

Monday Lunch

- Vegetarian Linguine
- Raspberry ripple cake

Monday Tea

- Spring rolls, Thai sweet chilli and cucumber sticks
- Milk or Water
- Blueberry yogurt

Tuesday Lunch

- Chicken/Halal Chicken Thai green curry served with jasmine rice
- Vegetarian: Vegetable Thai green Curry served with jasmine rice
- Fruit salad

Tuesday Tea

- Jacket potato, baked beans and cheese
- Milk or Water
- Fresh fruit

Wednesday Lunch

- Salmon fishcakes, new potatoes served with baby corn and carrots
- Vegetarian option is Bean burger, new potatoes served with baby corn and carrots
- Natural yogurt

Wednesday Tea

- Minestrone Soup with baguettes
- Milk or water
- Fresh fruit

Thursday Lunch

- Spaghetti Bolognase served with salad
• Vegetarian option is Lentil and vegetable bolognase served with salad
• Orange slices

Thursday Tea
• Cheese and onion pasties carrot batons and tomato wedges
• Milk or Water
• Frozen yogurt

Friday Lunch
• Spinach and ricotta tortellini in a rich tomato sauce served with broccoli
• Strawberry jelly

Friday Tea
• Assorted sandwiches: tuna, chicken or cheese and vegetable sticks
• Milk or Water
  Watermelon