



### Autumn Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals (including wholegrain), toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Chicken Stir fry with brown rice V- Tofu stir fry	Beef Lasagne with spinach V- Vegetable Lasagne	Kidney bean and Vegetable pasta bake	Lamb and vegetable stew V- Roasted squash and lentils	Leek and mackerel brown penne bake. V- spinach and pepper frittata
Dessert	Apple and sultana Pie	Seasonal fresh fruit salad	Homemade Banana bread	Homemade fruit loaf	Homemade pear and blackberry oat crumble with ice cream
Afternoon Snack	Pitta, vegetable sticks with cream cheese				
Tea	Kale and quinoa patties with wholemeal pitta sticks	Homemade chicken goujons with sweet potato wedges and peas V- Vegetable Falafels	Vegetable and Chickpea Tagine with cous cous	Bacon and Vegetable quiche V- Cheese and Broccoli quiche	Vegetable burgers with homemade carrot coleslaw
Evening Snack	Homemade fruit smoothies				

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals (including wholegrain), toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Kidney bean and vegetable pasta bake.	Broccoli and cauliflower carbonara	Fish Pie with broccoli V- Vegetarian shepherd's pie	Chicken and Tomato curry with wholegrain rice and peas V- Vegetable curry	Lamb and vegetable stew V- Roasted squash and lentils
Dessert	Seasonal fresh fruit salad	Pear and ginger tray bake	Baked Nectarines wit natural yoghurt	Homemade fruit jelly	Rice Pudding with homemade fruit compote
Afternoon Snack	Pitta, vegetable sticks with cream cheese				
Tea	Baked salmon with tomato's, bean mash and sweet corn V- Squash and lentil Salad	Homemade pizza with chicken and sweet corn topping with vegetable sticks V- Vegetarian Pizza	Jacket Potato's beans and cheese	Meatballs with spaghetti V- Broccoli and green pea pasta shells	Chunky vegetable soup with crusty bread
Evening Snack	Homemade fruit smoothies				





Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals (including wholegrain), toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Trout and pea pasta V- Bean enchiladas	Turkey meatballs with quinoa and swede mash V- Tofu with quinoa	Chicken and pea Risotto V- Pea risotto	Chicken casserole with new potatoes and carrots V- Bean casserole	Chilli Con Carne with wholegrain rice and natural yoghurt V- Aubergine chilli
Dessert	Home made banana bread	Homemade fruit loaf	Apple and sultana Pie	Homemade pear and blackberry oat crumble with ice cream	Seasonal fresh fruit salad
Afternoon Snack	Pitta, vegetable sticks with cream cheese				
Tea	Soft Tacos with Chicken and peppers V- Vegetarian wraps	Baked salmon with tomato's, bean mash and sweet corn V- Squash and Lentil salad	Kale and quinoa patties with wholemeal pitta sticks	Mushroom omelette served with wholemeal toast	Homemade chicken goujons with sweet potato wedges and peas V- Vegetable falafels
Evening Snack	Homemade fruit smoothies				

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals (including wholegrain), toast, baby porridge and freshly chopped fruit (warm milk and porridge during the colder months)				
Morning Snack	Milk and homemade oat biscuits				
Lunch	Beef and carrot pie V- Butterbean and squash crumble	Sweet and Sour chicken with rice and peppers V- Chickpea Curry	Beef Spaghetti Bolognese with grated carrot. V- Broccoli and green pea pasta shells	Butternut squash and chickpea tagine with cous cous	Roast Chicken with roast potatoes, carrot mash and gravy V- Cauliflower Roast
Dessert	Homemade pear and blackberry oat crumble with ice cream	Rice Pudding with homemade fruit compote	Home made fruit jelly	Pear and ginger tray bake	Baked nectarines with natural yoghurt
Afternoon Snack	Pitta, vegetable sticks with cream cheese				
Tea	Meatballs with fruity couscous and chopped tomatoes V- Tofu with Cous Cous	Vegetable and Chickpea Tagine with cous cous	Home made pizza with chicken and sweet corn topping with vegetable sticks V- Vegetable pizza	Tomato soup with bread and butter	Bacon and vegetable quiche V- Cheese and Broccoli quiche
Evening Snack	Homemade fruit smoothies				

