

What we are eating this week



Autumn Week one	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Crumpet	Pancake with Fruit	Bagel	Brioche	Cheese and crackers
PM Snack	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Main Course	Turkey fajita	Slow cooked roast pork with gravy	Chicken in gravy	Traditional spaghetti bolognese	Fish fingers
Vegetarian	Tomato and hidden vegetable penne pasta bake	Roast vegetable bruschetta	Quorn shepherd's pie	Butternut squash risotto with herbs	Baked sweet potato moussaka
On the Side	Garlic bread & vegetable crudities	Roast Potatoes, carrots and green beans	Mashed potatoes garden peas and Sweetcorn	Spaghetti, broccoli and sweetcorn	Chipped potatoes, peas and baked beans
Dessert	Yoghurt with fruit topping	Fruit jelly	Watermelon pizza	Banana and yoghurt	Ice Cream
Tea	Vegetable curry with rice	Chicken goujons with wholemeal breadcrumbs	Lamb kofte, pitta, crudite	Toasted sandwich	Cheese and onion quiche with salad

What we are eating this week



Autumn Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Crumpet	Pancake with Fruit	Bagel	Brioche	Cheese and crackers
PM Snack	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Main course	Grilled Sausages and Gravy	Sweet and Sour chicken with pineapple	Mild lamb chilli with cheesy nachos	Classic lasagne with garlic ciabatta	Fish Goujons
Vegetarian	Quorn Sausage and gravy	Spring roll with dipping sauce	Mediterranean vegetable tortilla	Quorn lasagne	Roast Vegetable and ricotta tart
Vegetables & potatoes	Mashed potato and mixed vegetables	Egg noodles and steamed broccoli	Steamed rice and sweetcorn	Sauté potatoes, green beans and carrots	Chipped potatoes, baked beans and peas
Dessert	Pineapple wedges	Frozen yoghurt	Fruit Salad	Yoghurt	Chocolate Mousse
Tea	Macaroni cheese	Fish finger wrap	Jacket potato with baked beans or cheese	Pizza and crudite	Meatballs, tomato sauce and spaghetti

What we are eating this week



Autumn Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Crumpet	Pancake with Fruit	Bagel	Brioche	Cheese and crackers
PM Snack	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Main course	Chicken and bacon pasta bake	Mild beef curry	Roast turkey with gravy and stuffing	Traditional shepherd's pie with mash topping	Homemade salmon fishcake
Vegetarian	Mushroom and cheese pasta bake	Mild vegetable curry	Vegetable filo parcels	Quorn and mash potato pie	Vegetable burger
Vegetables & potatoes	Seasonal vegetables and green salad	Steamed rice and carrots	Roast potatoes, steamed broccoli and carrots	Garden peas and cauliflower	Chipped potatoes, peas and baked beans
Dessert	Carrot cake	Yoghurt with toppings	Strawberry mousse	Fresh fruit salad	Melon wedges
Tea	Cheese and potato pasty	Jacket potato with baked beans	Mezze Platter	Chicken and mushroom pasta	Hot dog, wedges and peas