



MENU

Autumn 2024

Week 1	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Spaghetti bolognese with hidden vegetables served with garlic bread Vegetarian option: meat-free mince</i>	<i>Fruit compote with natural yogurt</i>	<i>Selection of wraps with vegetable crudites</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Chicken and spinach katsu curry served with brown rice and naan bread Vegetarian option: butternut squash</i>	<i>Spiced pear and ginger flapjack</i>	<i>Sausage rolls served with rainbow coleslaw Vegetarian option: meat-free sausage rolls</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Creamy salmon and broccoli pasta bake Vegetarian option: no salmon</i>	<i>Seasonal fruit salad with Greek yogurt</i>	<i>Vegetable pizza muffins with sweetcorn</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Cheese, onion and potato bake served with roasted root vegetables</i>	<i>Puff pastry twist with an apple compote dip</i>	<i>Mixed beans with toasted triangles</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sausage and creamy mash with onion gravy served with garden peas Vegetarian option: meat-free sausage</i>	<i>Banana and oat muffins</i>	<i>Ploughman's salad platter</i>



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Week 2	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Beef chilli served with fluffy rice and sweetcorn Vegetarian option: mixed bean</i>	<i>Strawberry compote with whipped vanilla cream and a shortbread biscuit</i>	<i>Fish finger and salad wraps with tartare sauce Vegetarian option: vegetable fingers</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Roasted vegetable lasagne served with garlic bread</i>	<i>Fresh fruit platter</i>	<i>Homemade cheddar and marmite straws served with cucumber and carrot sticks</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sweet and sour chicken and vegetable stir fry served with noodles Vegetarian option: tofu</i>	<i>Spiced rice pudding with mixed berries</i>	<i>Cheese and chive savoury scones with a tomato salad</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Creamy coconut fish curry with green beans, served with rice and naan bread Vegetarian option: mixed vegetables</i>	<i>Seasonal fruit salad served with Greek yogurt</i>	<i>Homemade potato and sweet potato wedges with BBQ beans</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Roast of the day with all trimmings Vegetarian option: meat-free sausage</i>	<i>Bananas and custard</i>	<i>Build your own sandwich bar with vegetable crudités</i>



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Week 3	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sausage and fusilli pasta bake served with broccoli florets Vegetarian option: mixed vegetables</i>	<i>Fruit salad with natural yogurt</i>	<i>Cheese and tomato puff pastry pinwheels with pepper sticks</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Fish pie with a mashed potato, carrot and swede topping served with garden peas Vegetarian option: meat-free pieces</i>	<i>Mixed berry fool with shortbread pieces</i>	<i>Bagels with cream cheese, ham and carrot sticks Vegetarian option: no ham</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Vegetable and bean enchiladas served with Mexican rice</i>	<i>Carrot cake muffins</i>	<i>Tuna and sweetcorn pasta salad Vegetarian option: rainbow vegetables</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Moroccan chicken with root vegetables served with herby cous cous Vegetarian option: no chicken</i>	<i>Fresh fruit platter with ice cream</i>	<i>Leek and potato soup with crusty bread rolls</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Savoury mince and onion served with new potatoes, dumplings and garden peas Vegetarian option: meat-free mince</i>	<i>Apple and raisin crumble with custard</i>	<i>Selection of filled pitta breads with vegetable crudités</i>