



Autumn/Winter Menu 2023

Week 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of fortified, low sugar cereals with dairy or plant-based milk				
MID-MORNING SNACK	A selection of fresh fruits with crackers, rice cakes or breadsticks				
LUNCH	Spaghetti Bolognese	Chilli and Rice	Chicken with vegetables and couscous in a homemade tomato sauce	Baked Potato with cheese and beans	Fish Pie
VEGETARIAN	Quorn Spaghetti Bolognese	Quorn Chilli and Rice	Quorn with vegetables and cous cous in a homemade tomato sauce	Baked Potato with cheese and beans	Vegetable fingers with potatoes and vegetables
DESSERT	Yoghurt or fresh fruit				
TEA	Selection of high tea items including, wraps, sandwiches and beans on toast				
VEGATARIAN					
All meals and snacks are served with a selection of seasonal vegetables and water, dairy or plant-based milk					
At all meals and snacks alternatives are provided for any dietary or cultural requirements					