



Autumn/Winter Menu 2023

Week 2

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	Veggie Pasta	Fish Cakes with veggie sticks	Roast Chicken with potatoes and vegetables	Vegetable Biryani	Shepherds Pie
VEGETARIAN	Veggie Pasta	Vegetable fingers with potatoes and vegetables	Quorn with potatoes and vegetables	Vegetable Biryani	Quorn Shepherds Pie
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					