

**Autumn/Winter Menu 2024/2025**

**Week 2**

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of fortified, low sugar cereals with dairy or plant-based milk				
MID-MORNING SNACK	Home-Made Tortilla Chips with Tomato Salsa Dip	Platter of Mixed Fruit	Peppers and Cucumber Sticks	Rice Cakes with Platter of Mixed Fruit	Platter of Mixed Fruit
LUNCH	Veggie Wholemeal Pasta	Fish Cakes with veggie sticks	Roast Chicken with potatoes and vegetables	Vegetable Chickpea Curry with Rice	Shepherds Pie
VEGETARIAN	Veggie Wholemeal Pasta	No-Fish Fish Cakes with potatoes and vegetables	Quorn with potatoes and vegetables	Vegetable Chickpea Curry with Rice	Vegetable Shepherds Pie
DESSERT	Banana and Pears	Berries and Yoghurt	Melon Mix	Berries and Yoghurt	Platter of Mixed Fruit
	Afternoon snacks will include an offering of either crackers, breadsticks, rice cakes and oat cakes				
TEA	Beans on Toast	Ham and Cheese Sandwiches and Salad	Wraps with Chicken and Hummus with Salad	Bread Rolls with Salmon, Cream Cheese and Cucumber	Picky Tea with Salad
VEGATARIAN	Beans on Toast	Cheese Sandwiches and Salad	Wraps with Hummus and Cheese with Salad	Bread Rolls with Cheese, Hummus and Cucumber	Picky Tea with Salad
All meals 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					