

Autumn/Winter Menu 2024

Week 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of fortified, low sugar cereals with dairy or plant-based milk				
MID-MORNING SNACK	Platter of Mixed Fruit	Home-Made Tortilla Chips with Tomato Salsa Dip	Platter of Mixed Fruit	Houmous with Breadsticks and Cucumbers	Platter of Mixed Fruit
LUNCH	Spaghetti Bolognaise	Five Bean Chilli and Rice	Chicken with Vegetables and Couscous in a Homemade Tomato Sauce	Baked Potato with Cheese and Beans	Fish Pie and Steamed Vegetables
VEGETARIAN	Lentil Bolognaise and Spaghetti	Five Bean Chilli and Rice	Quorn with Vegetables and Couscous in a Homemade Tomato Sauce	Baked Potato with cheese and beans	No-Fish Fish Pie with Potatoes and Steamed Vegetables
DESSERT	Greek Yogurt & Fresh Fruit	Greek Yogurt & Fresh Fruit	Greek Yogurt & Fresh Fruit	Greek Yogurt & Fresh Fruit	Greek Yogurt & Fresh Fruit
	Afternoon snacks will include an offering of either crackers, breadsticks, rice cakes and oat cakes				
TEA	Ham and Cheese Sandwiches and Salad	Bread Rolls with Tuna and Cucumber	Beans on Toast	Wraps with Egg and Cheese with Salad	Picky Tea with Salad
VEGATARIAN	Cheese Sandwiches and Salad	Bread Rolls with Cheese and Cucumber	Beans on Toast	Wraps with Egg and Cheese with Salad	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