

**Autumn/Winter Menu 2024**

**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	Vegetable & Lentil Pasta in a homemade tomato sauce	Roast Chicken with potatoes and vegetables	Fish Cakes with veggie sticks	Vetetable Risotto	Cottage Pie (Lentil & Minced Beef)
VEGETARIAN	Vegetable & Lentil Pasta in a homemade tomato sauce	Quorn with potatoes and vegetables	Fish Cakes with veggie sticks	Vetetable Risotto	Lentil Cottage Pie
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	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