

Autumn/Winter Menu 2024

Week 3

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	Breadsticks and Cucumber Sticks	Platter of Mixed Fruit	Home-Made Tortilla Chips with Tomato Salsa Dip	Rice Cakes with Platter of Mixed Fruit
LUNCH	Beef and Bean Crumble with New Potatoes	Tuna Pasta Bake with Steamed Vegetables	Chicken and Mushroom Stroganoff with Rice	Roast Chicken with Potatoes and Vegetables	Macaroni & White Beans with Butternut Squash & Cheese sauce
VEGETARIAN	Bean and Veg Crumble with New Potatoes	Cheese and Bean Pasta Bake with Steamed Vegetables	Mushroom and Lentil Stroganoff with Rice	Quorn with potatoes and vegetables	Macaroni & White Beans with Butternut Squash & Cheese sauce
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	Wraps with Egg and Cheese with Salad	Beans on Toast	Bread Rolls with Salmon, Cream Cheese and Cucumber	Ham and Cheese Sandwiches and Salad	Picky Tea with Salad
VEGATARIAN	Cheese Sandwiches and Salad	Beans on Toast	Bread Rolls with Cheese, Hummus and Cucumber	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