



AUTUMN MENU

WEEK 1



W/C: 1ST SEPT: 29TH SEPT: 27TH OCT: 24TH NOV

Monday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

MIXED FISH & KALE PASTA BAKE
GREEK YOGHURT WITH FRUIT COULIS

TEA

LEEK & POTATO SOUP

Tuesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

COTTAGE PIE WITH MIXED VEGETABLES
& GRAVY
GREEK YOGHURT WITH FRUIT COULIS

TEA

SAUSAGE, CHEESE & BEAN PASTY

Wednesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

LENTIL & AUTUMN VEG STEW WITH
MASHED POTATO & DUMPLINGS
GREEK YOGHURT WITH FRUIT COULIS

TEA

CHICKEN & PEPPERONI SANDWICH

Thursday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

SPICED TUNA, PEPPERS & LEEKS
CREAMY PASTA
GREEK YOGHURT WITH FRUIT COULIS

TEA

SAUSAGE BUTTY

Friday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

CHILLI CON CARNE WITH RICE &
NACHOS
GREEK YOGHURT WITH FRUIT COULIS

TEA

SARDINE TOASTIE





AUTUMN MENU

WEEK 2

W/C: 8TH SEPT; 6TH OCT; 3RD NOV

Monday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

CREAMY CHICKEN, APPLE & SQUASH
PASTA

GREEK YOGHURT WITH FRUIT COULIS

TEA

AUTUMN VEGETABLE SOUP

Tuesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

MIXED FISH, LEEKS, PEAS & HERBY
BAKED RICE

GREEK YOGHURT WITH FRUIT COULIS

TEA

GARLIC CHICKEN TOASTIE

Wednesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

CHICKEN & VEGETABLE STEW WITH
MASHED POTATO

GREEK YOGHURT WITH FRUIT COULIS

TEA

TUNA & CUCUMBER SANDWICH

Thursday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

SALMON, CHICKPEA & VEG COCONUT
CURRY

GREEK YOGHURT WITH FRUIT COULIS

TEA

HOT GAMMON SANDWICH

Friday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

TURKEY MEATLOAF, CARROTS, MASHED
POTATO & GRAVY

GREEK YOGHURT WITH FRUIT COULIS

TEA

VEGETABLE CHILLI PASTY





AUTUMN MENU

WEEK 3

W/C: 15TH SEPT: 13TH OCT: 10TH NOV

Monday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

SLOW COOKED PORK, OLIVE & TOMATO
PASTA

GREEK YOGHURT WITH FRUIT COULIS

TEA

TURKEY & CHEESE PINWHEELS

Tuesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

VEGETABLE & CHICKPEA MASSAMAN
CURRY WITH RICE & PRAWN CRACKERS
GREEK YOGHURT WITH FRUIT COULIS

TEA

TUNA TOASTIE

Wednesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

ORZO SQUASH, LEEK, BEETROOT & FETA
PASTA

GREEK YOGHURT WITH FRUIT COULIS

TEA

CURRIED SALMON SANDWICH

Thursday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

CARIBBEAN FISH CURRY WITH RICE &
COCO BREAD

GREEK YOGHURT WITH FRUIT COULIS

TEA

CARROT & BEETROOT SOUP

Friday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

GARLIC & HERB TURKEY, GREEN BEANS
& POTATO WEDGES

GREEK YOGHURT WITH FRUIT COULIS

TEA

FISH FINGER BUTTY





AUTUMN MENU

WEEK 4

W/C: 22ND SEPT; 20TH OCT; 17TH NOV



Monday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

SATAY CHICKEN, SWEETCORN & RICE NOODLES

GREEK YOGHURT WITH FRUIT COULIS

TEA

CREAMY BUTTERNUT SQUASH & CUMIN SOUP

Tuesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

PORK & APPLE CASSEROLE WITH MASHED POTATO AND KALE

GREEK YOGHURT WITH FRUIT COULIS

TEA

MACKEREL TOASTIE

Wednesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

CREAMY SQUASH, BEETROOT & PEA PASTA

GREEK YOGHURT WITH FRUIT COULIS

TEA

HAM & CHEESE TOASTIE

Thursday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

BEEF GOULASH WITH CARROTS & RICE

GREEK YOGHURT WITH FRUIT COULIS

TEA

HOMEMADE SAUSAGE ROLLS

Friday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT

LUNCH

TURKEY & MIXED SQUASH BOLOGNAISE PASTA

GREEK YOGHURT WITH FRUIT COULIS

TEA

BEEFBURGER

