



AUTUMN MENU

WEEK 1



W/C: 31ST AUG; 28TH SEPT; 26TH OCT; 23RD NOV; 21ST DEC

Monday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

MIXED FISH & LEEK PASTA IN A CREAMY SAUCE

GREEK YOGHURT WITH FRUIT COULIS

TEA

CHEESE & ONION PASTY

Tuesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

COWBOY PIE

GREEK YOGHURT WITH FRUIT COULIS

TEA

SQUASH, CARROT & BEET SOUP

Wednesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

CHICKEN & BROCCOLI IN MUSHROOM SAUCE WITH MASH

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 & CHEESE

LUNCH

MIXED VEGETABLE PASTA IN TOMATO SAUCE

GREEK YOGHURT WITH FRUIT COULIS

TEA

HAM PIZZA MUFFIN

Friday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

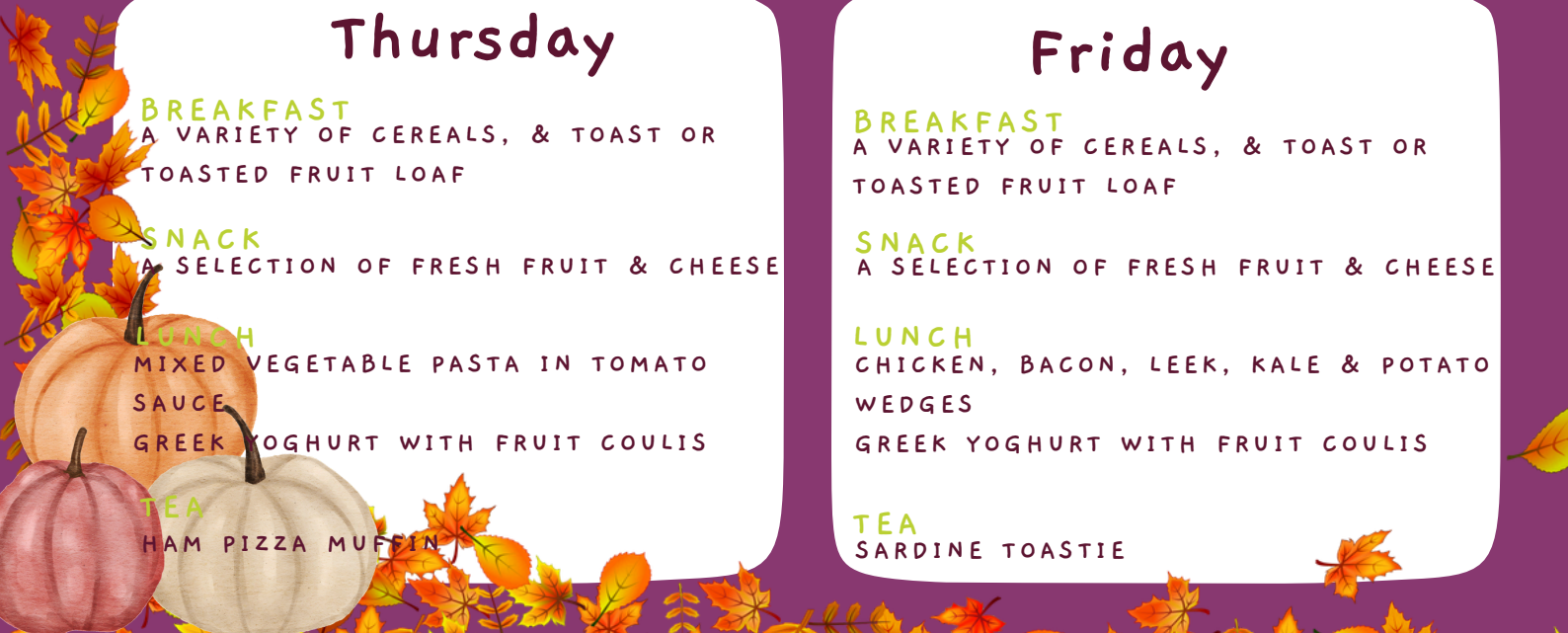
LUNCH

CHICKEN, BACON, LEEK, KALE & POTATO WEDGES

GREEK YOGHURT WITH FRUIT COULIS

TEA

SARDINE TOASTIE





AUTUMN MENU

WEEK 2



W/C: 7TH SEPT; 5TH OCT; 2ND NOV; 30TH NOV

Monday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

ROAST CHICKEN, AUTUMN VEG, ROAST
POTATOES, YORKSHIRE PUDDING & GRAVY
GREEK YOGHURT WITH FRUIT COULIS

TEA

CURRIED SALMON SANDWICH

Tuesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

MIXED EGG FRIED RICE WITH CHICKEN,
PORK, PRAWN & CARROT
GREEK YOGHURT WITH FRUIT COULIS

TEA

CORNERED BEEF TOASTIE

Wednesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

VEGETABLE COTTAGE PIE
GREEK YOGHURT WITH FRUIT COULIS

TEA

PIZZA PINWHEELS

Thursday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

COUNTRY STYLE BOLOGNAISE
GREEK YOGHURT WITH FRUIT COULIS

TEA

FISH FINGER BUTTY

Friday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

HOMEMADE CHICKEN NUGGETS, BAKED
BEANS & POTATO WEDGES
GREEK YOGHURT WITH FRUIT COULIS

TEA

BBQ HAM & CORN TOASTED WRAP



AUTUMN MENU

WEEK 3

W/C: 14TH SEPT; 12TH OCT; 9TH NOV; 7TH DEC

Monday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

SPANISH MEATBALLS, PEPPERS, OLIVES &
PAPRIKA IN A TOMATO SAUCE WITH PASTA
GREEK YOGHURT WITH FRUIT COULIS

TEA

CHICKEN TOASTED WRAP

Tuesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

BEEF & ROOT VEG STEW WITH MASHED
POTATO
GREEK YOGHURT WITH FRUIT COULIS

TEA

CHEESE & BEAN TOASTIE

Wednesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

HUNTERS CHICKEN PASTA BAKE
GREEK YOGHURT WITH FRUIT COULIS

TEA

CHILLI BEEF PASTY

Thursday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

CHICKEN DOPIAZA WITH RICE
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 & CHEESE

LUNCH

PULLED BEEF, AUTUMN VEG, ROAST
POTATOES, YORKSHIRE PUDDING &
GRAVY
GREEK YOGHURT WITH FRUIT COULIS

TEA

CAULIFLOWER, LEEK & POTATO SOUP





AUTUMN MENU

WEEK 4



W/C: 21ST SEPT; 19TH OCT; 16TH NOV; 14TH DEC

Monday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

CHICKEN, PEA & SQUASH PASTA
GREEK YOGHURT WITH FRUIT COULIS

TEA

HAM & CHEESE SANDWICH

Tuesday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

KEEMA, PANEER & PEA CURRY WITH RICE
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 & CHEESE

LUNCH

PORK & MIXED SQUASH STEW WITH
MASH
GREEK YOGHURT WITH FRUIT COULIS

TEA

CHICKEN PIZZA MUFFIN



Thursday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

BACON & LEEK CARBONARA PASTA
GREEK YOGHURT WITH FRUIT COULIS

TEA

PESTO CHICKEN SANDWICH

Friday

BREAKFAST

A VARIETY OF CEREALS, & TOAST OR
TOASTED FRUIT LOAF

SNACK

A SELECTION OF FRESH FRUIT & CHEESE

LUNCH

THAI MEATBALLS IN COCONUT BROTH
WITH RICE
GREEK YOGHURT WITH FRUIT COULIS

TEA

SAUSAGE, BEAN & CHEESE PASTRY ROLL