



MENU

Autumn 2023

Week 1	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Spaghetti bolognese with hidden vegetables served with garlic bread Vegetarian option: meat-free mince</i>	<i>Fruit compote with natural yogurt</i>	<i>Selection of wraps with vegetable crudites</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Chicken and spinach katsu curry served with brown rice and naan bread Vegetarian option: Quorn pieces</i>	<i>Spiced pear and ginger flapjack</i>	<i>Sausage rolls served with rainbow coleslaw Vegetarian option: meat-free sausage rolls</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Creamy salmon and broccoli pasta bake Vegetarian option: mixed vegetable</i>	<i>Seasonal fruit salad with Greek yogurt</i>	<i>Pizza muffins with sweetcorn</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Cheese and potato pie served with roasted root vegetables</i>	<i>Fresh strawberries with vanilla cream</i>	<i>Chickpea and Mediterranean vegetable giant cous cous</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sausage and creamy mash with onion gravy served with garden peas Vegetarian option: meat-free sausage</i>	<i>Banana and oat muffins</i>	<i>Ploughman's salad platter</i>



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Week 2	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Beef chilli served with fluffy rice and sweetcorn Vegetarian option: meat-free mince</i>	<i>Puff pastry twist with an apple compote dip</i>	<i>Fish finger and lettuce wraps with tartare sauce Vegetarian option: vegetable fingers</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Roasted vegetable lasagne served with garlic bread</i>	<i>Fresh fruit platter</i>	<i>Mixed beans with toasted triangles</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sweet and sour pork and vegetable stir fry served with noodles Vegetarian option: Quorn pieces</i>	<i>Spiced rice pudding with mixed berries</i>	<i>Spinach and cheddar savoury muffins with a tomato salad</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Creamy coconut fish curry with green beans, served with rice and naan bread Vegetarian option: mixed vegetables</i>	<i>Seasonal fruit salad served with Greek yogurt</i>	<i>Homemade potato and root vegetable wedges with an aioli dip</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Roast of the day with all trimmings Vegetarian option: meat-free sausage</i>	<i>Bananas and custard</i>	<i>Build your own sandwich bar with vegetable crudités</i>



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Week 3	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sausage and fusilli pasta bake served with broccoli florets Vegetarian option: meat-free sausage</i>	<i>Fruit salad with natural yogurt</i>	<i>Cheese and tomato puff pastry pinwheels with pepper sticks</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Fish pie with a mashed potato, carrot and swede topping served with garden peas Vegetarian option: Quorn pieces</i>	<i>Mixed berry fool with shortbread pieces</i>	<i>Bagels with cream cheese, ham and grated carrot Vegetarian option: no ham</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Vegetable and bean enchiladas served with potato wedges</i>	<i>Carrot cake muffins</i>	<i>Rainbow vegetable pasta salad</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Moroccan chicken with root vegetables served with herby cous cous Vegetarian option: no chicken</i>	<i>Fresh fruit platter with ice cream</i>	<i>Leek and potato soup with crusty bread rolls</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Savoury mince and onion served with homemade dumplings and garden peas Vegetarian option: meat-free mince</i>	<i>Apple and raisin crumble with custard</i>	<i>Selection of filled pitta breads with vegetable crudités</i>