

Autumn Menu - Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Choice of Cereal, breads, pancakes and fresh fruit Milk or Water to Drink	Breakfast Choice of Cereal, breads, pancakes and fresh fruit Milk or Water to Drink	Breakfast Choice of Cereal, breads, pancakes and fresh fruit Milk or Water to Drink	Breakfast Choice of Cereal, breads, pancakes and fresh fruit Milk or Water to Drink	Breakfast Choice of Cereal, breads, pancakes and fresh fruit Milk or Water to Drink
Morning Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water	Morning Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water	Morning Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water	Morning Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water	Morning Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water
Dinner Quorn Chicken Nuggets, Mash Potatoes and Carrots OR Quorn Steak Goulash, with Rice and Crusty Bread Pudding Apple Flapjacks Water to Drink	Dinner Basil and Garlic Macaroni and Cheese, with lightly coated paprika twists OR Quorn Sausage and Bean Casserole and Boiled Potatoes Pudding Lemon Drizzle cake Water to Drink	Dinner Cheese and Potato Pie with Baked Beans OR Tuna, Potato and Spinach Casserole with Carrots Pudding Strawberry Sundae Water to Drink	Dinner Pizza, Pasta Style Bake with Garlic Bread OR Mixed Vegetable Risotto with Garlic Bread Pudding Shortbread Water to Drink	Dinner Sausage, Apple and onion Pie, with Broccoli OR Lentil and Potato Curry, with Rice Pudding Fresh Fruit and Yoghurt Water to Drink

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Afternoon Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water	Afternoon Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water	Afternoon Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water	Afternoon Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water	Afternoon Snack Under 2's Fresh Fruit Milk or Water to Drink Over 2's Rolling Snack with Fresh Fruit, and Milk or Water
Tea Ham and Tomato Panini's with Mixed Salad Pudding Fresh Fruit and Yoghurt Water to Drink	Tea Beans on Toast Pudding Fresh Fruit and Yoghurt Water to Drink	Tea Creamy Mushroom Soup, with toasted strips Pudding Fresh Fruit and Yoghurt Water to Drink	Tea Chicken Quesadillas with Tomato Salsa Dip Pudding Fresh Fruit and Yoghurt Water to Drink	Tea Zucchini Bites, with Mixed Salad Pudding Fresh Fruit and Yoghurt Water to Drink

Please make sure all items and ingredients needed are put on the shopping list the week before.

The shopping list must be completed by Wednesday evening at the latest for the following week.

Please remind staff that they must put their cooking ingredients on the shopping list for the following week.