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| **Autumn/ Winter menu Week 1** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** |
| **AM snack** | Fresh fruit | Veggie Sticks and crackers | Fresh fruit | Veggie Sticks and crackers | Fresh fruit |
| **Lunch** | Vegetable curry with Lentils and rice | Roast chicken with roast potatoes and vegetables with gravy | Macaroni cheese with salad | Beef mince pasta bake cooked in a hidden vegetable sauce | Fish fingers,  Potato wedges and sweetcorn with dipping sauce |
| **Alternative** | Vegetable curry with Lentils and rice | Quorn roast with roast potatoes and vegetables with gravy | Dairy-free Macaroni cheese with salad | Mixed bean pasta bakes cooked in a hidden vegetable sauce | Vegetable fingers,  Potato wedges and sweetcorn with dipping sauce |
| **Pudding** | Yogurt | Yoghurt | Fruit | Yogurt | Fruit |
| **Afternoon tea** | Cheese and onion pasties with veggie stick and a dipping sauce | Seasonal Soup  with baguette | Jollof rice | Homemade vegetable pizza | Toast, beans, and cheese with cucumber sticks |
| **Alternative** | Vegan sausage rolls with veggie sticks and a dipping sauce | Seasonal Soup  with baguette | Jollof rice | Homemade vegetable pizza | Toast, beans, and cheese with cucumber sticks |
| **Pudding** | Fruit | Dried fruit | Crumble with custard | Fruit | Yoghurt |

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| **Autumn/ Winter menu Week 2** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** |
| **AM snack** | Fresh fruit | Veggie Sticks and crackers | Fresh fruit | Veggie Sticks and crackers | Fresh fruit |
| **Lunch** | Vegetable pasta bake | West African pepper beef stew with couscous | Meat-free sausages wilted cabbage, new potatoes, and gravy. | Moroccan chicken with vegetables and  couscous | Sweet and sour Quorn with oriental vegetables served with rice |
| **Alternative** | Dairy-free Vegetable pasta bake | West African pepper stew with couscous | Meat-free sausages wilted cabbage, new potatoes, and gravy. | Chargrilled Mediterranean vegetables in a Moroccan sauce and couscous | Sweet and sour oriental vegetables with rice and |
| **Pudding** | Yogurt | Fruit | Fruit | Yogurt | Fruit |
| **Afternoon tea** | Seasonal Soup  with baguette | Vegetable pizza and veggie sticks | Cheesy broccoli pasta | Jacket potato, Tuna, and cheese with cucumber sticks | Homemade hummus, Carrots, and pitta |
| **Alternative** | Seasonal Soup  with baguette | Dairy-free Vegetable pizza and veggie sticks | Dairy-free cheesy broccoli pasta | Jacket potato, beans, and cheese with cucumber sticks | Homemade hummus, Carrots, and pitta |
| **Pudding** | Cake | yoghurt | Jelly | Fruit | Yoghurt |

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| **Autumn/ Winter menu Week 3** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** |
| **AM snack** | Fresh fruit | Veggie Sticks and crackers | Fresh fruit | Veggie Sticks and crackers | Fresh fruit |
| **Lunch** | Chickpea and potato curry with vegetables and rice | Tuna pasta cooked in a hidden vegetable sauce. | Beef meatballs in tomato sauce with Couscous | Chicken and leek pie with gravy | Mixed bean and vegetable con-carne with sweet potatoe fries and veggies |
| **Alternative** | Chickpea and potato curry with vegetables and rice | Pasta served with tomato and lentil sauce | Meat-free balls in tomato sauce with Couscous | Leek and mushroom pie with gravy | Mixed bean and vegetable con-carne with sweet potatoe fries and veggies |
| **Pudding** | Yogurt | Yogurt | Fruit | Yogurt | Fruit |
| **Afternoon tea** | Beans on Toast | Seasonal Soup  with baguette | Homemade margherita pizza | Hidden Vegetables Cheesy Pasta with vegetables | Jollof rice |
| **Alternative** | Beans on Toast | Seasonal Soup  with baguette | Homemade margherita pizza | Herby tomato butternut squash pasta | Jollof rice |
| **Pudding** | Rice Krispy treats | Fruit | Crumble with custard | Fruit | Yogurt |

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| **Autumn/ Winter menu Week 4** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** | **Selection of cereal, toast with milk or water** |
| **AM snack** | Fresh fruit | Veggie Sticks and crackers | Fresh fruit | Veggie Sticks and crackers | Fresh fruit |
| **Lunch** | Creamy cheesy tomato fajita pasta | Beef Bolognese with vegetables and spaghetti | Sweet Chilli Sauce with Vegetable and Couscous | Jerk chicken with rice and peas and vegetables | Fish fingers,  Potato wedges and sweetcorn with dipping sauce |
| **Alternative** | Dairy-free Creamy cheesy tomato fajita pasta | Vegetarian Bolognese with spaghetti | Vegetable chow Mein with a sweet chili sauce | Jerk Quorn with rice and peas and vegetables | Vegetable fingers,  Potato wedges and sweetcorn with dipping sauce |
| **Pudding** | Yogurt | Fruit | Fruit | Yogurt | Fruit |
| **Afternoon tea** | vegetable pilau | Homemade vegetable pizza | Jacket potato, tuna, and cheese with cucumber sticks | Paratha served with chickpeas and potato curry. | Cheesy broccoli pasta |
| **Alternative** | Vegetable pilau | Homemade vegetable pizza | Paratha served with chickpeas and potato curry | Jacket potato, cheese with cucumber sticks | Vegan Cheesy broccoli pasta |
| **Pudding** | Fruit | Cake | Jelly | Fruit | Yoghurt |