



# Autumn menu

Week1 <b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast-</b> Cornflakes	<b>Breakfast-</b> Toast with a selection of spreads	<b>Breakfast-</b> Ready Brek	<b>Breakfast-</b> Natural yoghurt and Raspberries	<b>Breakfast-</b> Apricot wheats
<b>Lunch –</b> Fish fingers, creamy mash and baked beans  Vegan fish cakes	<b>Lunch-</b> Chicken stir fry with noodles, peppers, onions, in a sweet and sour sauce with Prawn crackers (vegan)	<b>Lunch-</b> Fish pie with broccoli, cauliflower, peas in a parsley sauce  Vegan fish	<b>Lunch-</b> Beef curry, peas, carrots, onion, mushrooms  Poppadom's (vegan option)	<b>Lunch-</b> Vegetable pasta bake with carrots, onion, broccoli in a cheese sauce
<b>Pudding-</b> Fruit salad	<b>Pudding-</b> Lemon and Sultana cake served with custard	<b>Pudding-</b> Fruit yoghurts	<b>Pudding-</b> Jelly and ice cream	<b>Pudding-</b> Rice pudding and cinnamon

<p><b>Snack.</b> -Tomato soup with bread and butter</p> <p>Plums</p>	<p><b>Snack.</b>-Breadsticks with a selection of dips, olives, peppers, gherkins. apples and Bananas</p>	<p><b>Snack.</b>-Cream cheese thins cucumber sticks, carrot sticks served with Melon and Grapes.</p>	<p><b>Snacks.</b> Sardines on toast, tomatoes, cucumber, pears and oranges</p>	<p><b>Snack.</b>- Ham (vegan) and cheese Brioche rolls, apricots, raisons and Satsumas</p>
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