



# Autumn menu

Week 3 <b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast-</b> Weetabix	<b>Breakfast-</b> Croissants and Melon slices	<b>Breakfast-</b> Malted Wheat	<b>Breakfast-</b> Ready Break with Honey	<b>Breakfast-</b> Toast and a selection of spreads
<b>Lunch –</b> Chicken curry with mixed vegetables and naan bread  Vegan chicken	<b>Lunch-</b> Turkey burgers in buns, chips and a side salad  Vegan burgers	<b>Lunch-</b> Lasagne, garlic, mushrooms, onion, carrots and passata and tomato, Garlic bread. Plant-based mince	<b>Lunch-</b> Sausage casserole with creamy mash and brussels sprouts  Vegan sausage	<b>Lunch-</b> Roast chicken dinner, parsnips, stuffing, cauliflower and Yorkshire puddings in gravy  Vegan chicken
<b>Pudding-</b> Swish roll and double cream or vegan cream	<b>Pudding-</b> Rice pudding and cinnamon	<b>Pudding-</b> Bananas and Custard or vegan custard	<b>Pudding-</b> Jelly and cream	<b>Pudding-</b> Fruit yoghurts

<b><u>Snack.</u></b> Pitta bread pockets with Tuna mayo, tomatoes, cucumber, grapes and plums	<b><u>Snack-</u></b> Cream cheese bagels, olives, gherkins, peppers, oranges and Kiwi	<b><u>Snack-</u></b> Crumpets with turkey ham, carrot and cucumber sticks, Melon and Pineapple	<b><u>Snacks-</u></b> Tomato soup and bread and butter, pears and apple slices	<b><u>Snack-</u></b> Potato waffles and dip, olives, gherkins, celery, Raisons and Apricots
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