



Autumn menu

Week 4 Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast- Ready Brek	Breakfast- Toast and a selection of spreads	Breakfast- Unicorn hoops	Breakfast- Natural yoghurt or Soya with Honey	Breakfast- Rice Krispies
Lunch – Chilli con carne with Basmati rice, Kidney beans, onions and tomatoes Plant-based mince	Lunch- Spaghetti Bolognese, mushrooms, onions, carrot and Garlic bread (Plant-based)	Lunch- Chicken and vegetable pie, roast potatoes, green beans Plant-based mince	Lunch- Cheese and Spinach flan (vegan) cauliflower and baby potatoes	Lunch- Beef and mushroom stroganoff with basmati rice Plant-based beef
Pudding- Chocolate mousse or Soya yoghurt	Pudding- Carrot cake and double cream	Pudding- Apple crumble and Custard or vegan custard	Pudding- Angel Delight	Pudding- Jelly

<p><u>Snack.</u> Grated cheese and pickle crackers, carrot, cucumber, tomatoes, Melon, Pears.</p> <p>Vegan cheese</p>	<p><u>Snack-</u>Potato waffles, dip, olives, gherkins, celery, oranges and plums</p>	<p><u>Snack-</u> Pitta bread and Houmous, cucumber, celery, cherry tomatoes, Kiwi and Grapes</p>	<p><u>Snacks-</u> Flat breads with yoghurt dip, olives, peppers, gherkins, grapefruit and Satsumas</p> <p>Vegan mayonnaise</p>	<p><u>Snack-</u> Cheese and tomato pizza</p> <p>Apple and pears</p>
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