



Autumn menu

Week 5 Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast- Apricot wheats	Breakfast- Toast and a selection of spreads	Breakfast- Ready Brek	Breakfast- Cornflakes	Breakfast- Fruit loaf and Melon slices
Lunch – Cheesy pasta bake with sweetcorn Vegan cheese	Lunch- BBQ chicken with basmati rice and corn on the cob Plant-based chicken	Lunch- Mixed bean and Root vegetables stew with herby cous cous	Lunch- Cod, parsley sauce, green beans, Brussel sprouts and baby potatoes (vegan fish)	Lunch- Turkey meatballs in passata and tomatoes with peas and spaghetti Plant-based turkey
Pudding- Ice cream and Banana	Pudding- Pineapple upside down cake and double cream or vegan cream	Pudding- Fruit yoghurts	Pudding- Angel delight	Pudding- Jelly and fresh fruit

<p><u>Snack.</u> Crumpets and turkey ham, tomatoes, cucumber, oranges and apples</p>	<p><u>Snack-</u> Cream cheese thins, carrots, peppers, celery, melon slice and raisons. Vegan cream cheese</p>	<p><u>Snack-</u> Breadsticks, dips, olives, gherkins, peppers, pears and grapes</p>	<p><u>Snacks-</u> Chicken nuggets, mayo, tomatoes, cucumber, carrots, pineapple and raisons</p> <p>Vegan mayo</p>	<p><u>Snack-</u> Toast with cheese and ham, Apricots and plums</p> <p>Vegan cheese</p>
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