

Autumn Menu

WEEK 1

BREAKFAST

Monday

CORNFLAKES
TOAST
OR
TOASTED
FRUIT LOAF



Tuesday

WEETABIX
TOAST
OR
TOASTED
FRUIT LOAF

Wednesday

SPECIAL K
TOAST
OR
TOASTED
FRUIT LOAF



Thursday

BRANFLAKES
TOAST
OR
TOASTED
FRUIT LOAF

Friday

RICE CRISPIES
TOAST
OR
TOASTED
FRUIT LOAF



LUNCH

CHICKEN OR QUORN KORMA
SERVED WITH GREEN BEANS
& RICE
FROZEN YOGHURT WITH
HONEY, CINNAMON
& APPLE

PASTA PRIMAVERA
WITH GARLIC BREAD
MIXED BERRY
YOGHURT MOUSSE

COD, POTATO
& SPINACH CURRY
WITH RICE
GREEK YOGHURT
WITH BLACKBERRIES

ROAST BEEF OR NUT ROAST
MINI ROAST POTATOES
& SAVOY CABBAGE
PINEAPPLE SPONGE
WITH CUSTARD

CHICKEN OR QUORN
STRIPS IN MILD CHILLI
SAUCE WITH SWEET
POTATO WEDGES
GREEK YOGHURT
WITH PEACHES

**AFTERNOON
SNACK**

BANANA

RICE CAKE
WITH PAPRIKA
CREAM CHEESE

APPLE & RAISIN
BREAD WITH
SPREAD

CHEESE STICKS
WITH CHERRY
TOMATOES

SLICED PITTA BREAD
WITH SUNDRIED
TOMATO &
OLIVE HUMMUS



TEA

SWEET POTATO
& LENTIL SOUP
SLICED PEAR



MINI HOT DOG
HOMEMADE KETCHUP
FRUIT SALAD

MIXED BEAN &
MUSHROOM PATE
ON TOAST
NECTARINE SLICES

HAM & CHEESE WRAP
CARROT & COURGETTE
MINI MUFFIN

1/2 JACKET POTATO
WITH BAKED BEANS
SLICED APPLE

Autumn Menu

WEEK 2

BREAKFAST

Monday

CORNFLAKES
TOAST
OR
CRUMPET



Tuesday

WEETABIX
TOAST
OR
CRUMPET

Wednesday

SPECIAL K
TOAST
OR
CRUMPET

Thursday

BRANFLAKES
TOAST
OR
CRUMPET

Friday

RICE CRISPIES
TOAST
OR
CRUMPET

LUNCH

THAI FISH CAKES
WITH SOY &
BROCCOLI NOODLES

GREEK YOGHURT
WITH SATSUMAS

LENTIL & VEGETABLE STEW
WITH MINI DUMPLINGS

LOW FAT RICE PUDDING
WITH FRUIT COULIS

WEST COUNTRY
PORK AND APPLE
CASSEROLE WITH
MASHED POTATO

GREEK YOGHURT
WITH BLACKBERRIES



ROAST GAMMON WITH
MINI ROAST POTATOES
& LEEKS WITH PEAS

GREEK YOGHURT
WITH POACHED PLUMS

VEGETABLE & BEAN
CASSOLETTE WITH
PARMENTIER POTATOES

FROZEN YOGHURT
WITH HONEY & SULTANAS



**AFTERNOON
SNACK**

OATCAKE WITH
HERBY COTTAGE
CHEESE

BREADSTICKS WITH
sourcream &
BEETROOT DIP

BANANA

MIXED FRUIT SMOOTHIE

CARROT &
CUCUMBER STICKS



TEA

SPANISH TOMATO SOUP
SLICED APPLE & PEAR



TUNA FISH BALLS
WITH PEPPERS IN
TOMATO SAUCE

CHEESE CUBES
& APRICOT

VEGETABLE & RICE
MINI BURRITO

MIXED MELON

1/2 JACKET POTATO
WITH TUNA MAYO
OR CHEESE

GRAPES & BLUEBERRIES

MACKEREL & WHITE
FISH PATE ON TOAST

FRUIT SALAD

Autumn Menu

WEEK 3

BREAKFAST

Monday

CORNFLAKES
TOAST
OR
TOASTED
FRUIT LOAF



Tuesday

WEETABIX
TOAST
OR
TOASTED
FRUIT LOAF

Wednesday

SPECIAL K
TOAST
OR
TOASTED
FRUIT LOAF



Thursday

BRANFLAKES
TOAST
OR
TOASTED
FRUIT LOAF

Friday

RICE CRISPIES
TOAST
OR
TOASTED
FRUIT LOAF



LUNCH

MEATLOAF / VEGGIE
MEATLOAF MIXED
MASHED POTATO
& PEAS
GREEK YOGHURT
WITH PRUNES

RATATOUILLE PASTA BAKE
WITH GARLIC BREAD
BANANA
YOGURT MOUSSE

JAMAICAN CHICKEN /
QUORN CURRY /
WITH RICE
FRUIT CRUMBLE
WITH CUSTARD

BRAZILIAN FISH STEW
WITH POTATOES
GREEK YOGHURT
WITH MIXED
STEWED BERRIES

SWEET & SOUR
VEGETABLES
WITH NOODLES
GREEK YOGHURT
WITH APPLES

**AFTERNOON
SNACK**

MELON WEDGES

RICE CAKE
WITH TUNA MAYO

MIXED FRUIT
SMOOTHIE

MASHED BANANA
ON TOASTED FINGERS

CRACKERS WITH CREAM
CHEESE & TOMATO

TEA

CHEESE & ONION ROLL
GRAPES



PUMPKIN & GINGER SOUP
CRACKERS WITH
CREAM CHEESE



1/2 JACKET POTATO
WITH VEGGIE CHILLI
PINEAPPLE WEDGES

FALAFAL IN PEPPER
& TOMATO SAUCE



ORANGE SEGMENTS

HOMEMADE SMOKEY
BAKED BEANS
ON TOAST

APPLE, BANANA &
DATE MINI MUFFIN

Autumn Menu

WEEK 4

BREAKFAST

Monday

CORNFLAKES
TOAST
OR
CRUMPET



Tuesday

WEETABIX
TOAST
OR
CRUMPET

Wednesday

SPECIAL K
TOAST
OR
CRUMPET

Thursday

BRANFLAKES
TOAST
OR
CRUMPET

Friday

RICE CRISPIES
TOAST
OR
CRUMPET

LUNCH

MIXED FISH & KALE
PASTA BAKE
GREEK YOGHURT
BLACKBERRY
COMPOTE

MOROCCAN VEGETABLE
TAGINE WITH
COUS COUS
SUGAR FREE
APRICOT FLAPJACK

PORTUGUESE MEATBALLS
IN TOMATO SAUCE
WITH RICE
GREEK YOGHURT
WITH STEWED PEACHES



LAMB / QUORN & SQUASH
KEEMA WITH RICE
& MINI POPADOM
GREEK YOGHURT
WITH BANANA

MIXED BEAN
& MUSHROOM
STROGANOFF
WITH RICE
MIXED FRUIT SPONGE
WITH CUSTARD



**AFTERNOON
SNACK**

APPLE SLICES

MELON WEDGES

SLICED PITTA BREAD
WITH GARLIC &
LEMON HUMMUS

CRACKER BREADS
WITH TUNA &
SWEETCORN DIP

SLICED PEARS



TEA

CARROT, ORANGE &
BEETROOT SOUP
GRAPES & KIWI



SICILIAN CHICKEN STRIPS
WITH POTATO WEDGE
BANANA

QUORNISH PASTY
APPLE WEDGES

FISH FINGERS
WITH BAKED BEANS
MIXED MELON

MUFFIN PIZZA
CHEESE & TOMATO
OR PEPPERONI
PINEAPPLE WEDGES