

## Autumn Winter Menu 2020

### Week 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of cereals; Weetabix, Ready Brek, Cornflakes, Shredded Wheat with organic whole milk				
	Natural yoghurt with seasonal fruit				
	Toast (wholemeal), crumpets, bagels or English muffins served with non-dairy spread and cup of organic whole milk				
<b>MORNING SNACK</b>	Selection of fresh seasonal fruit				
<b>LUNCH</b>	Indian lentil and tomato dahl served with wholegrain rice and naan bread	Fisherman's pie topped with mashed potato served with green beans	Pork goulash with sweet peppers served with new potatoes and brussel sprouts	Roast chicken with roast potatoes, parsnips and carrots	Macaroni cheese served with lentil and tomato salad
<b>VEGETARIAN LUNCH</b>		Roast vegetable and red lentil pie topped with mashed potato served with green beans	Vegetable goulash with butterbeans served with new potatoes and brussel sprouts	Roast quorn fillets served with roast potatoes, parsnips and carrots	
<b>DESSERT</b>	Fresh fruit or seasonal fruit salad, natural yoghurt with fruit, stewed fruit and custard, rice pudding, Chef's oat cookies, Chef's hot pudding or Chef's cake				
<b>AFTERNOON SNACK</b>	Homemade scones, cumin straws, wholemeal bread, rice cakes - served with homemade dips or houmous				
<b>TEA</b>	Chicken noodles and sweetcorn soup served with homemade wholemeal bread	Keema biryani	Sweet and sour vegetables served with egg or rice noodles	Tuna and sweetcorn wholemeal pasta bake	Baked vegetable quesadilla served with sweet potato wedges
<b>VEGETARIAN TEA</b>	Sweetcorn and pak choi noodle soup served with homemade wholemeal bread	Vegetable biryani		Red pepper and sweetcorn wholemeal pasta bake	
<b>DESSERT</b>	Fresh fruit or seasonal fruit salad, natural yoghurt with fruit, stewed fruit and custard, rice pudding, Chef's oat cookies, Chef's hot pudding or Chef's cake				

