

# Autumn Term Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals Fresh fruit	Selection of cereals Fresh fruit	Selection of cereals Fresh fruit	Selection of cereals Fresh fruit	Selection of cereals Fresh fruit
<b>Snack</b>	Fresh fruit  Choice of milk or water	Fresh fruit  Choice of milk or water	Fresh fruit  Choice of milk or water	Fresh fruit  Choice of milk or water	Fresh fruit  Choice of milk or water
<b>Lunch</b>	Tuna Fishcake with broccoli and cauliflower	Chickpea and vegetable curry with rice	Pork and apple casserole	Red lentil lasagne with mixed vegetables	Roast Gammon dinner
<b>Dessert</b>	Fruit salad	Natural yogurt and peaches	Ice cream with fruit coulis	Semolina with blackberry compote	Mandarins
<b>Snack</b>	Breadsticks with cheese and chive dip	Oatcake and houmous	Vegetable crudités	Sliced melon	Rice cake with soft cheese
<b>Tea</b>	Cheese and tomato pizza	Tomato soup with croutons	Beans on toast	Chicken sandwiches	Savoury rice
<b>Dessert</b>	Apricot shortbread	Blueberry muffins	Jelly with raspberries	Flapjack	Yogurt