

Autumn Term Week Three Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|--|--|--|
| Breakfast | 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 |
| Snack | 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 |
| Lunch | Quorn moussaka with mixed vegetables | Fish pie with carrots | Beef chilli with rice | Vegetable hotpot | Savoury Turkey and mashed potato |
| Dessert | Natural yogurt and pears | Apple cobbler | Fromage frais | Bananas and custard | Ice cream with fruit coulis |
| Snack | Sliced melon | Vegetable crudités | Oat cake with houmous | Breadsticks and salsa | Crackers with mackerel paté |
| Tea | Savoury rice | Cheese slice with salad | Cheese sandwiches with cherry tomatoes | Tuna pasta | Vegetable soup with bread and butter |
| Dessert | Lemon sponge | Mandarins | Ginger biscuit | Jelly with raspberries | Yogurt |